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Impact of COPD diagnosis in the face of multi-morbidity: Primary care patients' perspectives

Abstract

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Background

- Chronic obstructive pulmonary disease (COPD) is the 4th leading cause of mortality worldwide¹
- Presence of co-morbidities may influence experience and management of COPD²
- No prior qualitative study has focused on recently diagnosed primary care COPD patients with multi-morbidity

Findings

- Most participants did not recognise the importance of COPD due to low awareness of the disease
- Self-management capacity of COPD and utilisation of healthcare were suboptimal
- For many, the salience of other chronic conditions outweighed that of COPD

It was a big shock because the last cigarette I had was back in 1979

P13 (69/F)

I've had a couple of goes and quitting smoking is a difficult thing...I'll get there

P17 (56/M)

I didn't realise that I had asthma...the two conditions make things very difficult

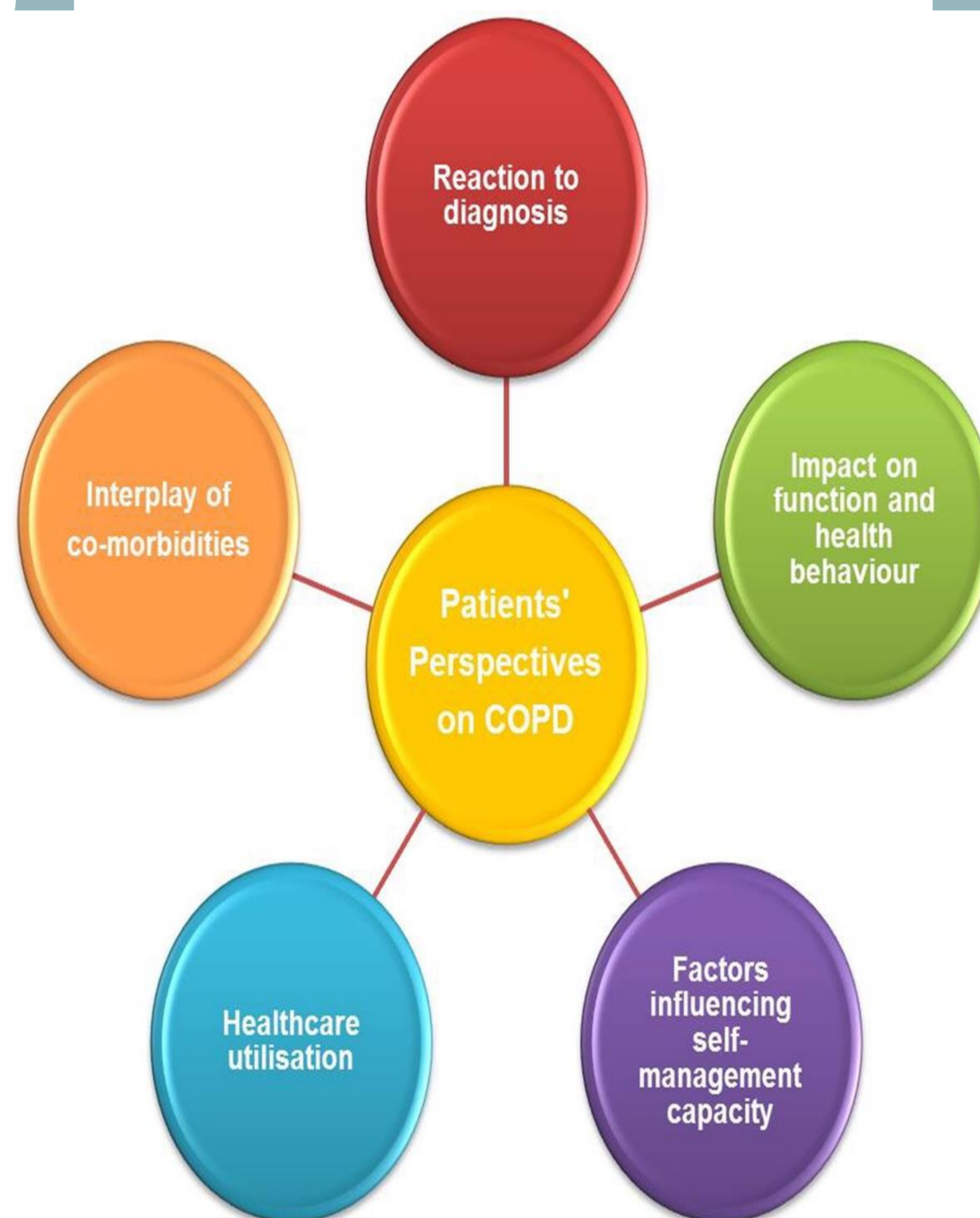
P6 (84/M)

It's individual, instead of lumping everyone in one group 'cause everyone is different - P9 (52/F)

You try all these treatments, they work for a little while but don't solve the problem - P7 (66/F)

Aims

- To explore the impact of a new diagnosis of COPD on primary care patients in the context of multi-morbidity
- To gain an insight into patients' experience of COPD and its prioritisation among other co-morbidities



Implications

- Patient-centred personalised care plans are needed for COPD in primary care
- Acceptance and incorporation of patient perspectives is vital for optimal management of multi-morbidity
- Tailored education is necessary to improve knowledge and self-efficacy of COPD and co-morbidities
- Primary care is suitable for interventions aimed at activating COPD patients with multi-morbidity

Methods

- Qualitative, descriptive study with maximum variation sampling
- Participants were 9 males and 8 females aged 40 - 84 years, based in metropolitan Sydney
- Inclusion criteria: COPD diagnosis in past 24 months and at least 1 other co-morbidity
- Data was collected via semi-structured interviews
- Thematic analysis using a constructivist³ approach induced five core themes

Publications

- Diagnosis of COPD in the Face of Multimorbidity, Patients' Perspectives (Original research abstract) *Respirology* Vol 18, S4, 77-78, October 17th 2013.
- Patients' perspectives on impact of COPD diagnosis in the face of multi-morbidity: a qualitative study (Original research article) *Primary Care Respiratory Medicine* Vol 24, Article number 14036, 2014.

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