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Abstract
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Impact of COPD Diagnosis in the face of Multi-morbidity: Primary Care Patients’ Perspectives

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Background

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

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

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 constructivist approach induced five core themes

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

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)

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.

References