Background

- COPD is a chronic and progressive lung condition that is currently the 5th leading cause of death in Canada (Statistics Canada, 2019).
- Estimated to be the 3rd leading cause of death by 2020 (Mittmann et al., 2008).

Change Ideas

To implement COPD group medical visits (GMV) to improve patient self-management of COPD.

Who: 5 GMVs with 22 people living with COPD.
Where: Terrace, Masset, Queen Charlotte.
When: December 2018 - October 2019.

- Patient education not only improves patient quality of life and reduces COPD-related admissions, but also empowers them to manage their conditions.

Sessions included:

- Basic information on COPD
- Education on proper puffer technique and breathing exercises
- Review and administration of vaccinations
- Review of COPD care (spirometry, medications)
- Completion of COPD flare-up action plan
- Figures below represent participants’ opinions before the GMV.

Results

(das as of Feb 1, 2020, ongoing data collection until Oct 2020).

- EMR data was collected 12 months before and 12 months after each GMV, so data analysis is not yet complete.
- 46.7% reduction in COPD-related ER visits post-GMV.
- 60.0% reduction in COPD-related hospital admissions post-GMV.
- 65.2% reduction in length of stay (LOS) in hospital for COPD-related reasons post-GMV.
- All 22 participants completed/updated their COPD flare-up action plan (only 3 had one prior to the GMVs).

"It was very informative especially how our lungs work." (Participant)

"The most valuable thing I learned was the different types of puffers and meds." (Participant)

Next Steps

- Finish data analysis (Oct 2020).
- Increase the number and frequency of GMVs.
- Follow up with participants to assess longitudinal outcomes.
- Create a COPD GMV template so family physicians could adopt and run sessions for their patients.
- Cover various COPD-related topics (i.e. smoking, explaining PFT’s) across multiple sessions.

References:


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TEAM MEMBERS:

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