Web based patient education in COPD

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Introduction: The primary cause of COPD is tobacco smoking. Further, COPD will be the third leading cause of death worldwide by 2030. Hospital strategies to improve care for patients with COPD are pivotal. Evidence shows that patients with COPD can improve their health and minimize hospital visits through self-management education. However, few patients with COPD are able or are offered to participate in patient education programs.

Purpose: To reach more patients with COPD and their relatives.

Methods: In the first prototype for patient education the COPD team worked together with COPD patients, together reviewing and redesigning the older more traditional education to be more comprehensive and relevant.

Result: The cooperation with the COPD patients led to a website containing text, images and 26 videos. On the site, main headings and subheadings link to particular multimedia information on, for example, smoking cessation, exercising and how to prevent infections. The website can be used when patients receive a diagnosis, as well when they are admitted to the hospital or visit the out-patient clinic. The website enables patients and their relatives to participate in self-management education whenever and where ever they wish.

Conclusion: The prototype is ongoing and the first steps of the evaluation already show that the value lies in improving patient safety and the accessibility to self-care management strategies from patient’s point of view.

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