



Supporting NHS Cambridgeshire and Peterborough CCG to promote COPD self-management

Across the UK COPD accounts for over 140,000 hospital admissions and over a million bed days each year.¹ Self-management of COPD is associated with a reduction in hospital admissions.²

80-90% of all care for people with a long term condition is undertaken by the patients themselves and their families³. A COPD patient who practices self-management will experience numerous benefits including:

- An understanding of their long term condition
- How to better manage their condition leading to an improved quality of life
- Empowerment and increased confidence to proactively manage their condition helping reduce feelings of anxiety and depression
- Recognising exacerbation symptoms
- Managing breathlessness and awareness of the importance of exercise
- An understanding of when and how to take their medication

BLF self-management products

BLF self-management pack

Our self-management pack includes our self-management plan and exercise handbook. It contains all the necessary information for people with COPD to understand their condition. The pack was highly commended at the BMA patient information awards 2016⁴.

BLF self-management programmes for people with COPD

Our self-management programmes aim to make people active partners and managers of their COPD. People are invited to attend a workshop or workshops. These workshops help give them the

¹ 'The battle for breath – the impact of lung disease in the UK', May 2016

² Self-management education for patients with chronic obstructive pulmonary disease (effing, Monninkhof et al, 2009).

³ Vickery DM et al (1983) 'Effect of a self-care education program on medical visits' JAMA 250 (21: 2952-2956)

⁴ <https://www.bma.org.uk/library/patient-information-awards/pia-winners>

knowledge, skills and confidence to change behaviours that will help improve their symptoms and health outcomes.

Over the last year people that have attended one of our COPD self-management programmes said:

- 83% of people attending our COPD self-management programme said they gain a lot of confidence in recognising and managing their symptoms.

When asked how useful people found the information covered in our self-management programmes:

- 88% of attendees find information on breathlessness and COPD very useful.
- 83% find our information on exercise and COPD to be very useful.
- 85% find the information on managing flare-ups and knowing when you become unwell very useful.
- 65% of attendees find the information on local COPD services provided very useful

People that attend our programmes tell us they now understand how better to help control their symptoms as they:

- Understand their medication better
- Learn breathing exercises and techniques
- Learn about and the benefit of attending pulmonary rehab (PR)
- Realise the benefits of any type of exercise
- Feel more confident in controlling symptoms

Our follow up of people post-workshop finds that the major behaviour change is around the amount of exercise they do. People feel more confident in joining or returning to activities that were making them out of breath. People have told us they are now dancing, swimming and going to Zumba classes as they now realise the benefit! Many people also learn about PR for the first time through our workshops. And as they now understand the benefit of exercise return to their GP to get referred to their local PR.

When asked about their overall satisfaction from attending our self-management programme 90% of people said the workshops were excellent.

People that come along are supplied with a range of our literature. We also make people aware of the other BLF resources that are available to them for ongoing guidance and support. These include the BLF helpline, BLF professionals and web community.

Linda attended one of our self-management programmes in Portsmouth and had this to say about her participation: *“I have just completed the second of my two day workshop/course with the BLF. A big thank you.....I feel I can walk now, before I thought my heart was going to stop. It isn't. If you are offered this course please take it up it will help you no end. There wasn't a single person there who didn't learn something about lungs, pursed lips, medication and how to use them correctly, building confidence etc.”*

If you would like to discuss a specific proposal please get in touch with your local BLF service development manager or the BLF business development team at: businessdevelopment@blf.org.uk or 03000 030 555