

COPD inhaler compliance – protocol WMAHSN-04

Purpose

- To support the shared management plan patient agrees with clinician, empowering the patient to be less dependent on face to face clinical contacts
- To improve compliance with use of inhalers, through regular reminders
- To help the patient adopt a healthier lifestyle – encouraging exercise, eating sensibly, keeping weight in ideal range, maintaining a happy mood

Setting:

Any healthcare setting if a clinician takes continuing responsibility.

Selection of patients

Patient who has poor control of their COPD (or asthma) because they do not take the correct inhaler regularly, and need reminding to do so. Can be adult, or teenager, or parent of child patient.

Expected outcomes e.g.:

- 1) Changes in healthcare usage:
 - Fewer avoidable admissions to hospital or attendances at A&E; less face to face contact at GP surgery
 - Increased use of preventer inhalers and reduction in reliever inhaler usage
- 2) Improved clinical outcomes:
 - Adherence to best practice guidelines concerning use of preventer inhalers

Success criteria

- 50% of participants use their preventer inhalers to maintain their COPD control within agreed levels of peak flow readings

Protocol summary (8 weeks):

- Twice daily reminder about use of preventer inhaler
- Three times a week information messages
- Monthly text enquiry of patient experience starting at baseline

Flu vaccination reminder

25th September 13:00

Hi. Don't forget to make an appointment for your annual flu vaccination. It's important to have this protection. Take care, Flo.

Twice daily preventer inhaler reminder

8.00am Hi. Just wanted to make sure you take your inhaler today. Thanks, Flo.

7:00pm Hi. Just wanted to make sure you've taken your inhaler today. Thanks, Flo.

Three times a week information messages

Try to avoid smoky places; ask people around you not to smoke. Take care, Flo

Relax and avoid caffeine before bedtime to help you sleep better.

Doing easy swinging exercises with your shoulders improves your flexibility and helps your breathing too. Take care, Flo

Eat more fruit and vegetables to maintain your health. Take care, Flo

Plan the activity you can manage each day. Increase that each week. If too much, cut back.

Drink plenty of fluids - at least 8 glasses of fluid a day. Take care, Flo

Stop and rest when you need to, don't get over-tired.

Take 30 minutes rest after meals throughout the day. Take care, Flo

Practise deep breathing- rest your elbows on the arms of your chair to prevent your shoulders lifting. Take care, Flo

If it's too far to walk to the shops and back, take a bus or taxi one way. Take care, Flo Only do one thing at a time to keep your breathing steady.

Breathing uses energy, so good nutrition is very important. Eating healthy foods will help you fight off infections.

To keep fit stand up from sitting without using your hands; do it ten times. Have regular quiet periods every day as relaxation helps your breathing. If you feel a bit stuck at home it'd be good to find a new interest.

Daily short walks are really good for your lungs.

Keep the air in your house at a constant temperature to help your lungs.

Cover your nose and mouth with a scarf to help your breathing on a cold or windy day. Why not try a different hobby – one that gives you some more exercise?

Plan ahead to space out tasks so you don't get over-tired.

Stay away from people who have colds, so you don't catch it too.

Doing activity which gets you breathing a little quicker helps to keep your lungs as healthy as possible – but have a rest if you need one

If it's too cold to go outside for a walk, walk around inside your house for 15-20 minutes regularly. Phone a friend – it's easy to get isolated when you're less mobile.

Patient experience questions

BASELINE (xEvalQ-01/-02 &-07)

How often have you needed to see your doctor in the last month because of your chest? Please text CC, followed by the number of times, eg CC3 Thanks, Flo.

Do you think that you have good breathing control? Reply CC1 for yes; CC2 for no; CC3 for unsure. Thanks, Flo.

Do you think Flo will help your breathing control? Please reply CC1 if yes, CC2 if no, or CC3 If unsure. Thanks, Flo.

Thank you

END OF MONTHS 1 & 2 (xEvalQ-03/-04 &-05/-06)

How often have you needed to see your doctor in the last month because of your chest? Please text CC, followed by the number of times, eg CC3 Thanks, Flo.

Has Flo helped your breathing control? Please reply CC1 if yes, CC2 if no, or CC3 if unsure. Thanks, Flo.

Thank you. This information helps us to know how useful the Flo system is.