

Abstract ID = 8513

Presented at: 4.5 Oral Abstracts 5 COPD Low and Middle-Income Countries 01/06/2018 10:20-11:20

### **The 5 steps leaflet: a patient guide to managing their COPD developed in the FRESH AIR programme**

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**Aim:** To meet every patient's fundamental right to be informed about their disease and how to manage it, we aimed to produce a simple clear booklet describing the steps people with COPD may take to improve their health.

**Brief Outline of Context:** The FRESH AIR project has shown that people with COPD have difficulty accessing good advice about nature of their condition, the causes and steps they can take to improve their health. Studies using qualitative and quantitative methods explored the local cultural contexts, and clarified the need for patient education in Vietnam, Uganda, Kyrgyzstan and Greece. Many health care workers lacked knowledge of COPD and could not teach patients. As effective drug treatment is often unavailable/inaccessible, patient education and self-management is fundamental and often the only way patients can improve their health.

**Brief outline of the change:** We designed a simple booklet addressing the 5 steps to better health in COPD:

Step 1 Understand your lungs

Step 2 Protect your lungs from damage

Step 3 Keep active

Step 4 Take the medicines prescribed to you

Step 5 Achieve a healthy weight and eat healthy foods

The booklet has been produced with input from FRESH AIR collaborators for use in Greece, Uganda and Vietnam, versions for other countries are planned.

**Strategy for change:** The booklet is being used in pulmonary rehabilitation in Vietnam and in clinics in Uganda and will be modified by patient feedback. We plan for wide patient use of the booklet with support from the European Lung Foundation and the IPCRG.

**Effects of changes:** The booklets' content and form (presentation, use of images, language) were tailored to their local context with input from the respective countries.

#### **Lessons learnt**

Working with local experts and an international expert group, we were able produce and pilot this booklet at low cost. Working with multiple teams in different countries is challenging and slow, especially where there is no dedicated funding.

**Message for others:** The 5 steps booklet enables every patient diagnosed with COPD to access simple clear messages to support self-help. It is being tested in the FRESH AIR countries that welcome the project.

**Declaration of Interest:** This study was funded by the EU Research and Innovation program Horizon2020 under grant agreement no. 680997. This study is registered under trial registration number: NTR5759.  
<http://www.trialregister.nl/trialreg/admin/rctsearch.asp?Term=23332>