

ERS Londen 2016, 7-9-2016

Posternummer: 2998

Self-efficacy in patients with COPD using an online selfmanagement program

Geertje de Boer, Bianka Mennema, Esther van Noort, Erwin Birnie, Johannes In 't Veen

Introduction: Selfmanagement programs play a role in integrated care strategies for Chronic Obstructive Pulmonary Disease (COPD). Patients who use such programs might have improved selfmanagement skills and a higher need for self-efficacy and mastery.

Methods: We conducted a cohort study to compare selfmanagement properties of users and non-users of an online program (www.mijncopdonline.nl; Curavista) in the Sint Franciscus Gasthuis and Havenziekenhuis, Rotterdam, NL (unrestricted grant AstraZeneca). Users: all COPD patients using the program between August and October 2015. Controls: random group of program naïve COPD patients. All were asked to fill out the Patient Activation Measure (PAM-13: selfmanagement skills) and Partners In Health (PIH-NL: desire to achieve mastery) questionnaires by post. Data were analyzed by multiple linear regression analysis adjusted for confounders: age, sex and disease severity (FEV1% predicted, CCQ, and exacerbation frequency).

Results: 33 users and 97 controls participated. Sex (64% vs 47% female), FEV1% (51.8 vs 55.9) and CCQ (2.1 vs 2.1) did not differ. Users were slightly younger (mean 64.7 vs 68.6). Users scored higher on PAM-13 and PIH-NL (*Table 1*).

Conclusion: Users of a COPD selfmanagement program tend to be more confident regarding their selfmanagement skills. They also pursue higher levels of self-efficacy and mastery, even after adjustment for confounders. Selfmanagement programs should be offered to all patients with COPD regardless of disease severity.