

Abstract Presentations

6. Hui Pang, China

Exploring the need for, and design of, a community “lung health” service for COPD patients in China: A Mixed Method Study from the Breathe Well programme

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On behalf of the Breathe Well investigators

Introduction

- **Background:**
 - Pulmonary rehabilitation and self-management support are very effective interventions for COPD but not currently available in China
- **Aims:**
 - To describe management and understanding of COPD reported by patients in China
 - To explore patient & GP opinions on current management of COPD and a future “lung health” service
- **Design:** Convergent mixed methods (questionnaire and focus groups)

Methods

- **Population:** COPD patients and GPs
- **Eligibility criteria:** Patients = clinical diagnosis, GPs = manage COPD
- **Data collection:**
 - Patient questionnaires
 - Focus groups: 2x patient, 2x GP (n=4 in total)
- **Data analysis:** Questionnaire = descriptive statistics, FG = framework analysis
- **Research site:** Beijing
- **Sample size:**
 - Questionnaire : n=96 (85% male)
 - Focus groups: n=16 (11 male) patients, n=11 (2 male) GPs
- **Additional data:** Currently being collected from 3 other Chinese cities

Questionnaire (n=96)

Patients' knowledge of COPD

- Most knew the name of disease (81%)
- Perceived causes of COPD: smoking (59%), second-hand smoke (55%), air pollution (52%)
- Exacerbation triggers: cold/flu (68%), second-hand smoke (62%), air pollution (58%)

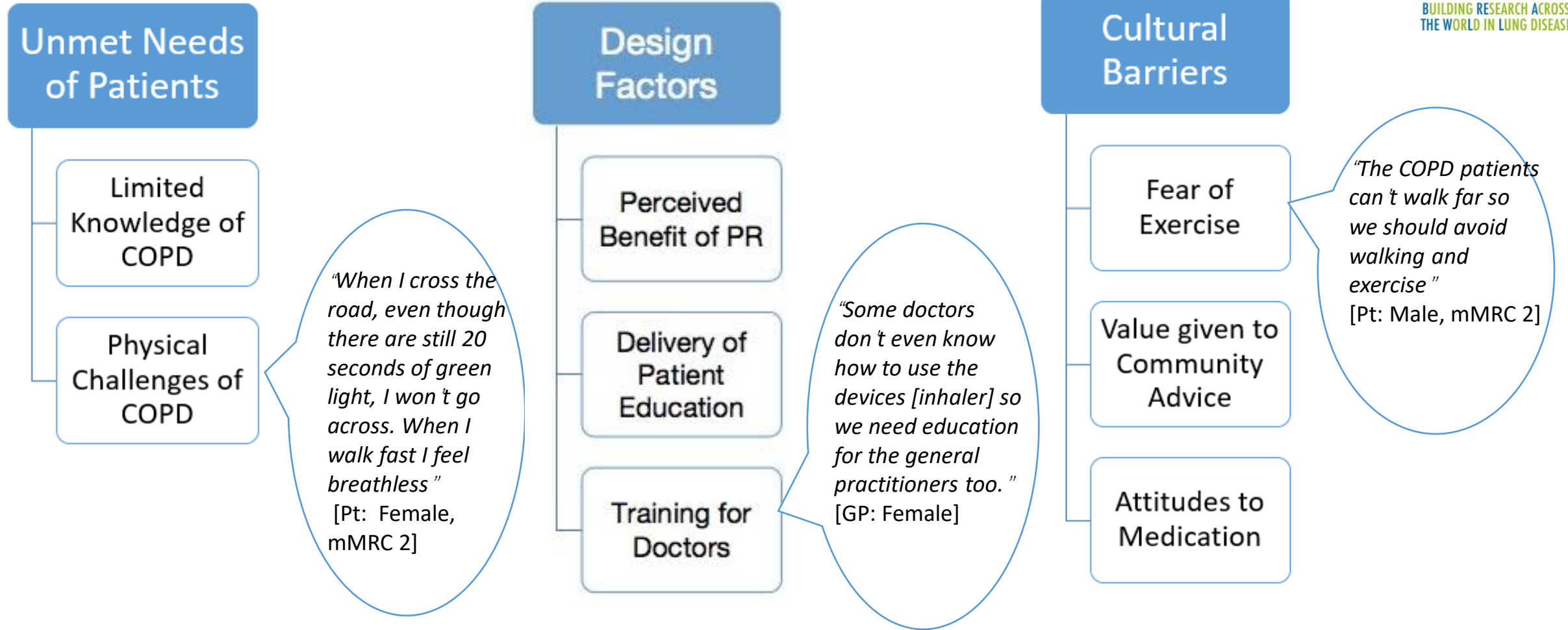
Current management

- Treatment: daily Inhalers (79%), oral medication (51%), emergency inhalers (33%)
- Over half reported no prognosis, dietary, exercise or exacerbation management advice
- Cost was not a problem (96%)

Patients' view on Lung Health Service

- Most willing to participate (80%)
- Distance from home most important factor for attendance (62%)
- Content requested: breathing techniques (80%), health education (67%), advice on breathlessness (52%)

Pilot patient & GP focus groups



Preliminary conclusions

- Patients received limited advice or information about their COPD
- Most were willing to participate in a lung health service (LHS)
- These data will be combined with data from other regions and the analysis reviewed
- This research will provide information to design a culturally appropriate COPD LHS

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