

## SUPPLEMENTARY MATERIAL

Supplementary Table S1: Baseline Medications

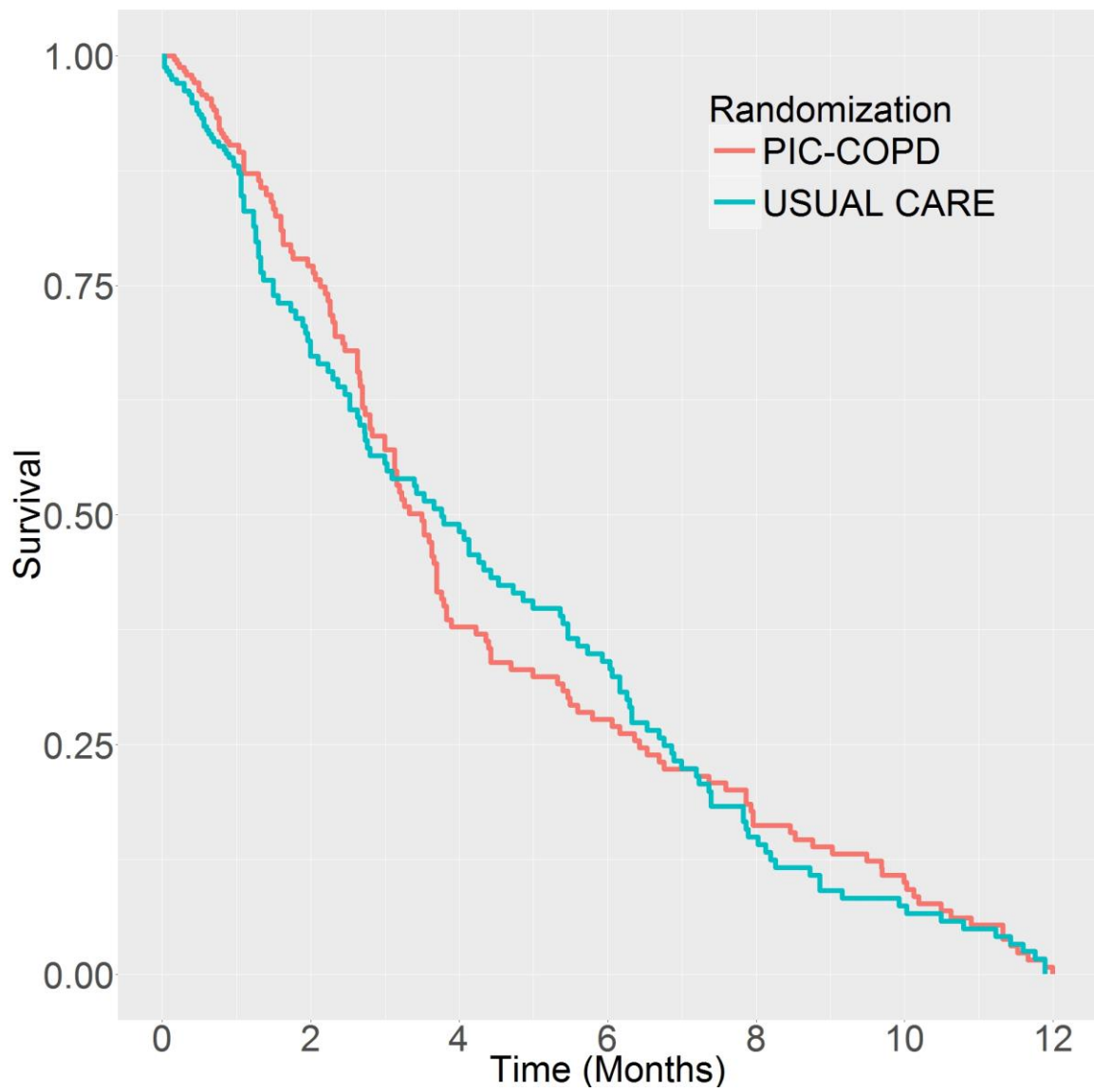
n (%)	Usual Care	Intervention
Bronchodilator	222 (95)	227 (96)
Steroid	213 (91)	213 (90)
Antihypertensive	159 (68)	147 (62)
Cholesterol lowering	116 (50)	113 (48)
PPI/H2 blocker	110 (47)	88 (37)
Anticoagulant	108 (46)	104 (44)
Mood disorders including antipsychotics	86 (37)	79 (33)
Diuretic	74 (32)	67 (28)
Vitamins and minerals	65 (28)	57 (24)
Analgesic	49 (21)	50 (21)
Glucose lowering	41 (18)	35 (15)
Osteoporosis	38 (16)	35 (15)
Thyroid hormone	29 (12)	33 (14)
Prostatic hyperplasia	26 (11)	31 (13)
Antibiotic	26 (11)	30 (13)
Laxative	25 (11)	18 (8)
Anti-seizure	21 (9)	19 (8)
Smoking cessation	20 (9)	15 (6)
Anti-arrhythmic	14 (6)	18 (8)
Sleep	14 (6)	8 (3)
Gout	11 (5)	10 (4)
Rhinitis	9 (4)	8 (3)
Anti-emetic	4 (2)	5 (2)
Anti-malarial	5 (2)	4 (2)
Anti -Parkinson	5 (2)	3 (1)
Urinary retention	5 (2)	3 (1)
Anti-spasmodic	5 (2)	2 (1)
Anti-viral	4 (2)	0 (0)
Bladder muscle spasm	4 (2)	0 (0)

Supplementary Table S2: Secondary Repeated Measure Outcomes

Measure. mean (SD)	N	Usual Care	PIC COPD+
BODE Index			
Baseline	433	5.3 (2.6)	5.5 (2.6)
6 months	321	6.0 (2.4)	5.8 (2.6)
12 months	319	5.8 (2.6)	6.0 (2.6)
EQ-5D-3L			
Baseline	350	60 (17)	58 (20)
3 months	269	61 (17)	63 (19)
6 months	239	62 (18)	62 (18)
12 months	232	63 (17)	65 (19)
St. George's questionnaire			
Baseline	347	54 (20)	53 (19)
3 months	270	54 (20)	48 (19)
6 months	242	51 (20)	48 (19)
12 months	236	52 (21)	48 (21)
HADS - depression			
Baseline	349	6.5 (3.6)	6.2 (3.6)
3 months	271	6.8 (3.9)	5.8 (3.6)
6 months	246	6.2 (4.0)	5.8 (3.8)
12 months	242	6.4 (4.2)	5.6 (4.2)
HADS - anxiety			
Baseline	345	7.8 (4.4)	7.5 (4.4)
3 months	271	7.7 (4.6)	6.9 (4.7)
6 months	246	7.3 (4.5)	6.9 (4.4)
12 months	240	7.0 (4.4)	6.2 (4.4)
CSQ8			
1 month	344	28.3 (3.7)	29.5 (3.0)
3 months	280	28.3 (3.8)	30.0 (2.8)
6 months	257	28.0 (3.5)	29.9 (2.8)
12 months	247	28.2 (3.6)	29.9 (2.8)

COPD SES			
Baseline	135	100 (30)	99 (33)
3 months	124	97 (32)	89 (33)
6 months	98	101 (33)	90 (34)
12 months	102	96 (36)	87 (33)

SD: standard deviation; COPD: chronic obstructive pulmonary disease; HADS: Hospital Anxiety and Depression Scale; CSQ: Client Satisfaction Questionnaire; SES: Self-reported Efficacy Score.



Kaplan-Meier Curves of Time to First ED Visit

<b><i>COPD Exacerbations in last 12 months</i></b>	<b><i>Minor*</i></b>	<b><i>Major**</i></b>	<b><i>ER Visits</i></b>	<b><i>Hospitalizations</i></b>
0	0	0	0	0

*\*time off work/usual activities or increased salbutamol for less than 2 days, \*\*required prednisone with or without antibiotics*

At the next office visit, coaching (C) is recommended on these self-management goals

<b>Next Visit</b>	<b>Patient Goals</b>	<b>Achieved (A) (Clearly Documented)</b>	<b>Not (NA) Applicable</b>
	Has COPD Exacerbation Action Plan	A	
	Recognizes exacerbations (flare-ups)	A	
	Implements Action Plan successfully	A	
	Scripts for antibiotics & prednisone at pharmacy	A	
C	Exercise script implemented		
C	Good inhaler technique		
	Action Threshold for top 3 other chronic illnesses		NA
	COPD Rehabilitation Program enrollment		NA

### Smoking Cessation ( \_\_\_ cigs per day)

<input type="checkbox"/> Pre-contemplative	<input type="checkbox"/> Contemplative	<input type="checkbox"/> Preparing	<input type="checkbox"/> Action
<input type="checkbox"/> Maintenance	<input type="checkbox"/> Relapse		

### Advance Care Planning

<input type="checkbox"/> Topic introduced	<input type="checkbox"/> Substitute decision maker identified
<input type="checkbox"/> Educational material provided	<input type="checkbox"/> Goals of treatment confirmed
<input type="checkbox"/> Discussion Initiated	<input type="checkbox"/> Advance directives documented
<input type="checkbox"/> Family Physician's advice requested	<input type="checkbox"/> Palliative care consult requested

### Other Chronic Illnesses

<b>Condition</b>	<b>No Action needed</b>	<b>You should</b>	<b>Contact Family Physician or Case Manager</b>
Congestive heart failure	Usual Weight changes less than 1 pound	If you gain more than 1 pound, take extra dose of furosemide	Taking extra dose of furosemide more than once a week
Atrial Fibrillation	Resting pulse rate between 60 and 100 per minute	If pulse greater than 100, take your usual daily heart rate controlling medication immediately	If pulse is still greater than 100 or less than 60 after taking your heart rate controlling medication
Diabetes	Blood sugar within your target range	For low blood sugar, immediately take sweets by mouth and repeat blood sugar measurement	If blood sugar is still low or occurs again that day