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Self-management interventions in COPD patients with multimorbidity

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Self-management interventions in patients with COPD need to address the complexity of multimorbidity and should include action plans for worsening of both COPD and common comorbidities in order to empower patients to manage their different diseases. <http://bit.ly/2nXSCuz>

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Self-management interventions in patients with COPD have the goals of motivating, engaging and supporting patients to positively adapt their behaviours and develop skills to better manage their disease. Exacerbation action plans are a key component of COPD self-management interventions [1, 2], and self-management interventions are a key component of COPD management [3]. However, studies assessing these interventions show contradictory results, particularly depending on the primary outcome, e.g. quality of life, exacerbations, re-hospitalisations or mortality [1, 2, 4].