

European Respiratory Society Annual Congress 2013

Abstract Number: 3945

Publication Number: 216

Abstract Group: 9.3. Nurses

Keyword 1: COPD - management **Keyword 2:** Quality of life **Keyword 3:** Nursing care

Title: Living with COPD: Views of patients, carers and respiratory nurses

Dr. Sheelagh 24485 Martindale s.martindale@rgu.ac.uk¹, Dr. Audrey 24486 Stephen a.i.stephen@rgu.ac.uk¹, Prof. Graham 24487 Devereux g.devereux@abdn.ac.uk MD² and Dr. Mary 24488 Addo m.a.addo@rgu.ac.uk¹. ¹ School of Nursing & Midwifery, Robert Gordon University, Aberdeen, United Kingdom, AB10 7QG and ² Dept of Child Health, University of Aberdeen, Aberdeen, United Kingdom .

Body: COPD is the fifth biggest killer globally and is predicted to be the third leading cause of death by 2020. Self-management plans may empower patients to take control of their condition and act early, reducing exacerbations. The real life situation of patients and their carers in living with COPD requires to be understood. This qualitative study was designed to draw on the perspectives of COPD patients, carers, and respiratory nurses, to develop a self care model to test out in a subsequent pilot intervention study. **Methods:** A phenomenology study design was adopted where 13 patient participants with moderate or severe COPD, 5 of their carers and 4 respiratory nurses were recruited into the study. Each participant was interviewed using a semi-structured format, the data was analysed using thematic analysis. **Findings:** The age of the patient participant group ranged from 45 to 80 years of age and consisted of 7 male participants. The carer participants ranged from 35 to 74 years of age. Factors relating to daily activities and dependence and independence were repeatedly identified by the patients' and carers' groups, as were attitudes and stresses and other quality of life and lifestyle themes. **Conclusions:** The patient and their carer in general had concerns about how the other coped with COPD. Older participants felt quite isolated but stress, anxiety and the stigma of the disease was portrayed by both patients and carers of all ages. There's a difference of opinion in relation to the use of self management plans between patients, and the nurses. This study provides important evidence to develop a model of self management which will build towards a change in practice for the management of the COPD patient.