

Needs' Assessment of Self-Management with Chronic Obstructive Pulmonary Disease



Nien-Chen Yao, Kang-Hua Chen*

College of Medicine, School of Nursing, Chang Gung University, Taoyuan, Taiwan

Abstract summary. We expect the findings of this study will draw attendees' attention to the needs and influential factors of self-management for patients with COPD, as well as helping healthcare professionals understand the importance of educating family members and discussing the benefits of self-management.

Introduction. Chronic obstructive pulmonary disease (COPD) is ranked as the seventh leading cause of death in Taiwan. Most studies have focused on outcomes of COPD self-management programs; few have assessed patients' needs. **Effective and satisfying patient education must include not only the content, which educators believe is necessary for disease self-management, but also the information the patient values and needs.** Therefore, understanding the COPD patients' needs is an important issue for nursing care.

Objectives. This study's aim was to understand the needs and influential factors of self-management for COPD patients.

Methods. This study used a **qualitative descriptive interview design.** Participants with COPD of various severities were recruited by convenience sampling. Interview data were collected in the thoracic outpatient department and pulmonary rehabilitation room of a medical center in northern Taiwan. We used the **PRECEDE-PROCEED model** to guide understanding the needs and influential factors of self-management behaviors for COPD participants.

Results. A total of 20 patients with COPD, all male, participated in this study. Analysis of interview data resulted in nine themes, which described the needs of disease self-management: **managing symptoms, managing medications, emotional adjustment, healthy**

eating, promoting sleep quality, maintaining a healthy life, quitting smoking, preventing catching a cold, and preventing falling. Three influential factors influenced the needs of self-management: predisposing factors, enabling factors, and reinforcing factors. **Predisposing factors** included patient knowledge about COPD, motivation of self-care, self-perception of disease severity and presence of other chronic diseases. **Enabling factors** included time required to travel to the hospital. **Reinforcing factors** included support (from family, friends, healthcare professionals) and self-perception of medical outcomes.

Conclusion. Our findings provide a better understanding of the needs and influential factors of self-management for COPD patients. Although a patient's perspectives of the needs for disease self-management may differ from healthcare professionals, the patient should be considered the expert in terms of what is important in their life. Older patients with COPD in Taiwan are often more dependent on their caregiver or families when they travel to hospital to participate in rehabilitation, suggesting that families play a key role in motivating patients to attend healthcare programs. **A patient-centred program of disease self-management should not only focus on patients' health problems and psychological distress, but also on educating family members about the benefits of self-management.**

Reference. Chen, K.H., Liu, C. Y., Shyu, Y.I.L., & Yeh, S. L. (2016). Living with chronic obstructive pulmonary disease: The process of self-managing chronic obstructive pulmonary disease. *The Journal of Nursing Research*, 24(3), 262-271. doi: 10.1097/jnr.0000000000000152

Author information*. Kang-Hua Chen, Email address: khc@mail.cgu.edu.tw