

New Strategies for Managing COPD: Emerging Therapies and Patient Education Tactics



OUTCOMES SUMMARY

**Online Enduring Educational Activity Series:
October 15, 2015 – December 2, 2016
National Jewish Health**

Executive Summary: Activity Details

Background:

Effective treatment of COPD is urgent in light of the mortality, morbidity and economic consequences of the disease. *New Strategies for Managing COPD: Emerging Therapies and Patient Education Tactics* is an online enduring activity designed to address identified professional practice gaps in COPD and to improve provider-to-patient communication, treatment, and ultimately patient outcomes by providing interventions that increase and sustain the knowledge, competency and performance of healthcare providers treating COPD patients. Through a live-action program consisting of two 30-minute roundtable panel discussions, a moderator and two expert faculty panelists reviewed evidence-based treatments and the importance of these treatments in improving patient adherence and outcomes.

Program Design:

This online educational format was chosen because it provides an ideal platform to assess and summarize the impact of recent research on clinical practice, offers an in-depth exploration of issues and access to expert opinions, and highlights recommendations for patient care, all while providing multiple perspectives and interpretations from an expert panel.

Modules:

- (1) *Managing COPD: The Evolving Therapeutic Paradigm: A review of new medications for patients with COPD and how they impact clinical care in the office setting.*
- (2) *Managing COPD: Patient Adherence and Education: A review on educating patients about COPD in the primary care setting and how to improve patient adherence with management.*

Executive Summary: Activity Details

Accreditation Details: NJH is accredited with commendation by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. NJH is also accredited by the Accreditation Council for Pharmacy Education (ACPE) and the California Board of Registered Nursing (CBRN) to provide continuing education for the healthcare team.

NJH designated each educational activity for a maximum of 0.5 AMA PRA Category 1 Credits™.

Target Audience: Family and Internal Medicine Physicians and Community Pulmonologists are the primary target audience members for this educational program. In addition, Physician Assistants, Nurse Practitioners, and nurses were targeted for this activity in support of multidisciplinary learning.

Educational Outcomes Strategy: National Jewish Health aimed at measuring knowledge and competence for this activity. The success of the program was measured by the following: Monthly participation reports; Pre-test; Post-test; and Evaluation

Activity Launch Date: October 15, 2015

Activity End Date: December 2, 2016

Enduring Link: <http://managingpatientswithcopd.com/>

Faculty

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Learning Objectives

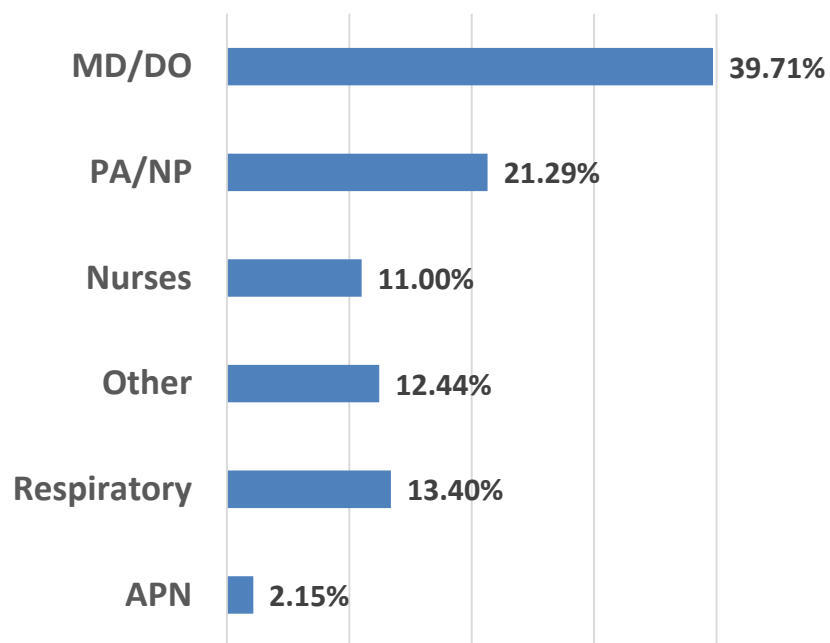
Upon completion of this activity, participants will be able to:

- Define COPD and summarize current and emerging pharmacotherapy for management
- Explain the guideline-concordant approach to combining bronchodilators with different mechanisms of action in the treatment of COPD
- Discuss recent clinical data related to the use of inhaled corticosteroids in COPD patients
- Give examples of how to educate patients with COPD about medication use

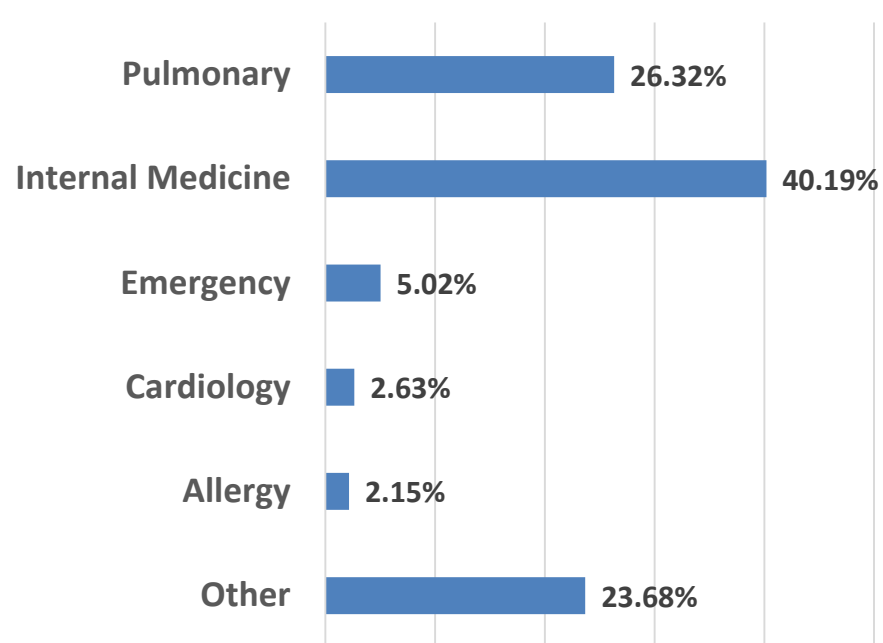
Level 1 Outcomes: Participation

This program had 13,986 total program views and 420 learners, 61% of whom were prescribers

Participant Breakdown

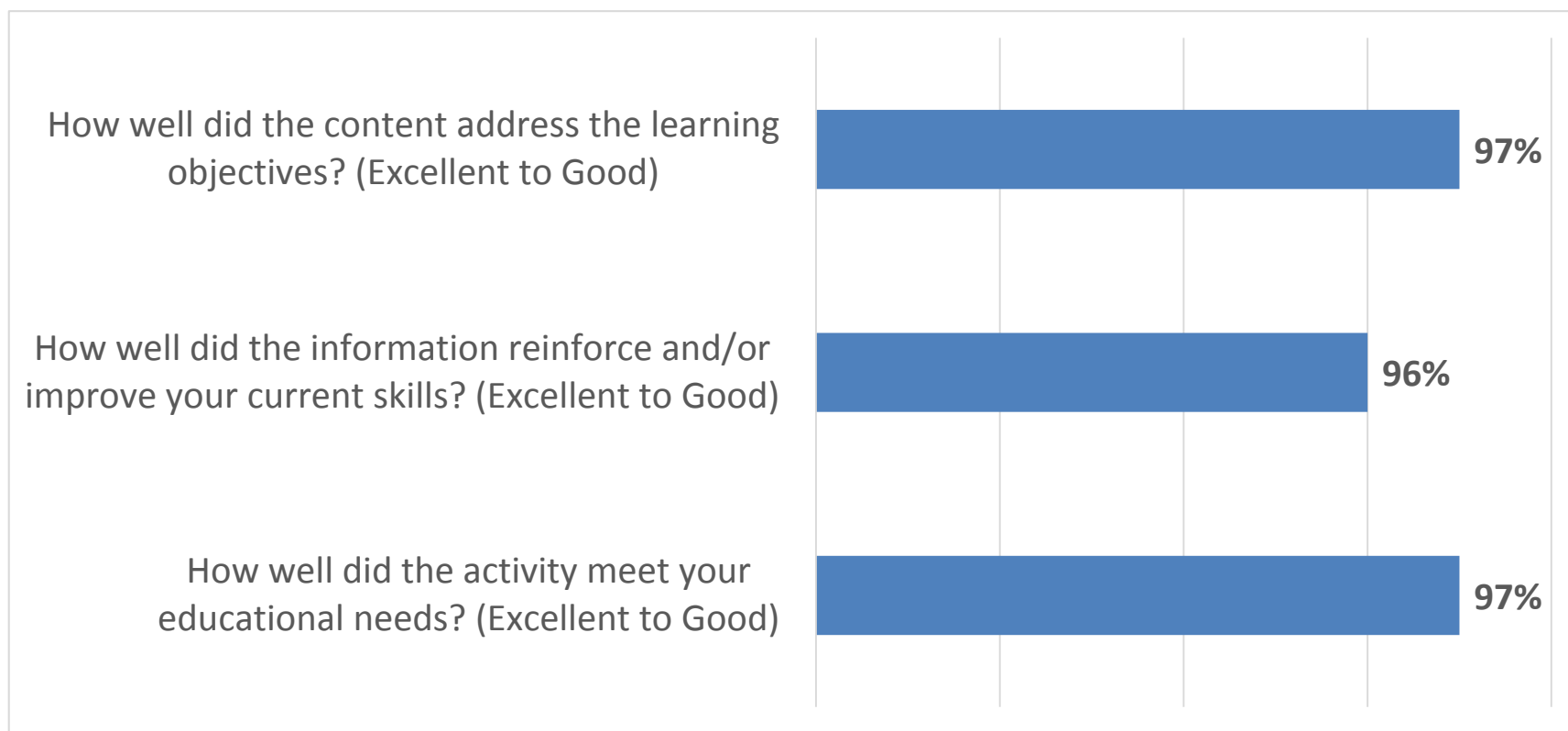


Specialty Breakdown



Level 2 and 3 Outcomes: Satisfaction and Learning

Analysis of Participants' Responses Related to Learning Objectives and Educational Needs

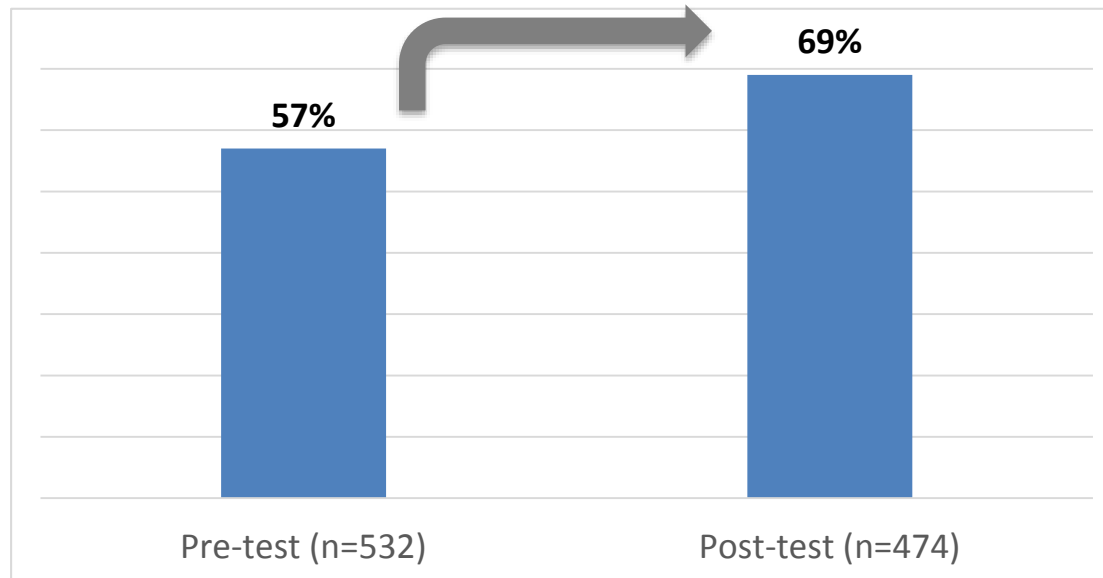


N=420

Level 3 and 4 Outcomes: Learning (Knowledge and Competence)

Level 3 and 4 outcomes were measured by comparing participants' pre- and post-test answers. The attendees' responses to these questions demonstrated that **participants gained knowledge as a result of the activity.**

Overall, participants demonstrated an average **21% increase in declarative and procedural knowledge and competence across both modules** as a result of this activity.



Overall increase in knowledge:
21% from baseline to post-test.

Knowledge gain was marked by an increase in correct responses from pre- to post-activity.

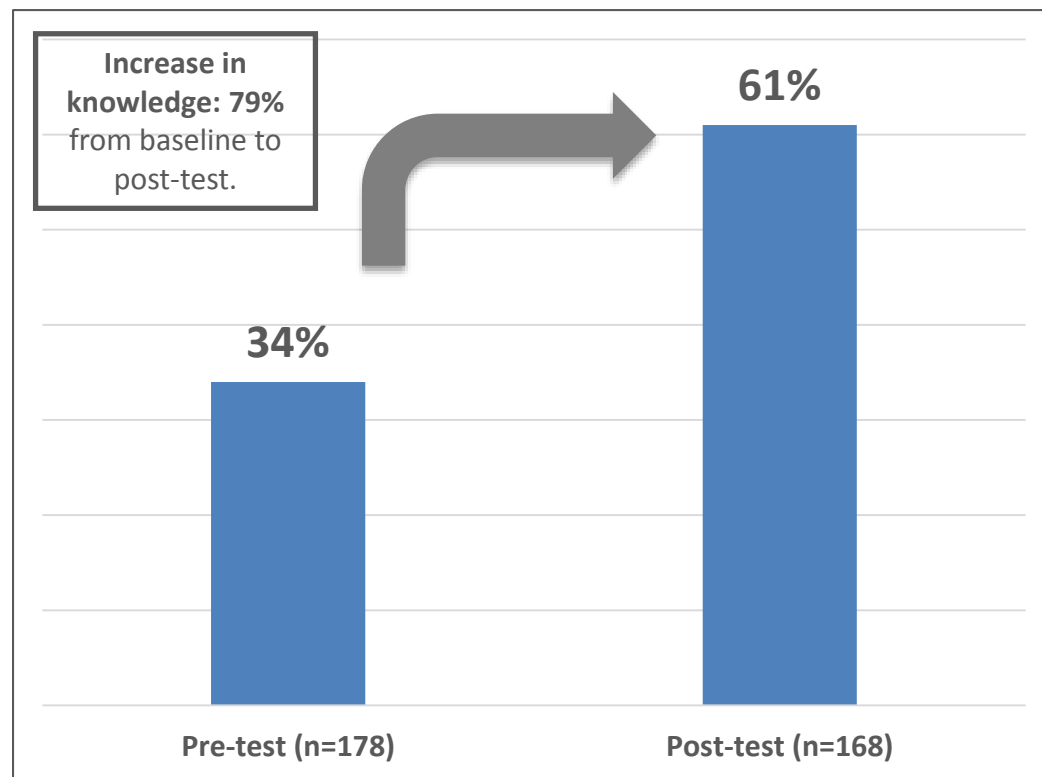
Pre- and Post Test Breakdown: Example Question (Patient Adherence and Education Module)

Question: A 75 year-old woman has severe COPD and rheumatoid arthritis. You prescribe a long-acting beta-2 agonist and corticosteroid combination in a metered dose inhaler (MDI) device. Which of the following could help to ensure that she receives the prescribed dose of medication when she uses the device?

Answers:

- A. Show her how to turn the inhaler upside down so that it's easier to actuate
- B. Ask her to bring her inhaler to her next visit and demonstrate how she uses the inhaler***
- C. Tell her to inhale each dose as quickly as she can, waiting about 10 seconds between inhalations
- D. Tell her family that they don't need to understand her medications; she is the one responsible for taking them
- E. A and B

**Best Answer is B, ask her to bring her inhaler to her next visit and demonstrate how she uses the inhaler*

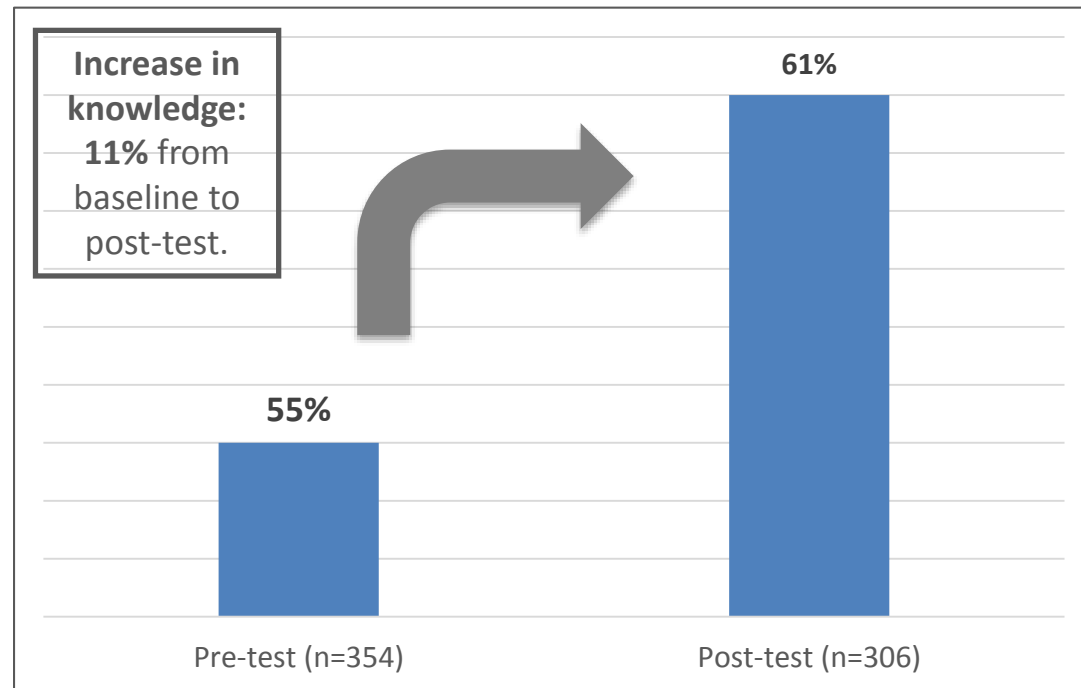


Pre- and Post Test Breakdown: Example Question (The Evolving Therapeutic Paradigm Module)

Question: A 59 year-old man with COPD complains of breathlessness when he does laundry and carries in the groceries. You consider starting him on a long-acting bronchodilator. You explain that long-acting bronchodilators have been shown to do which of the following in patients with COPD?

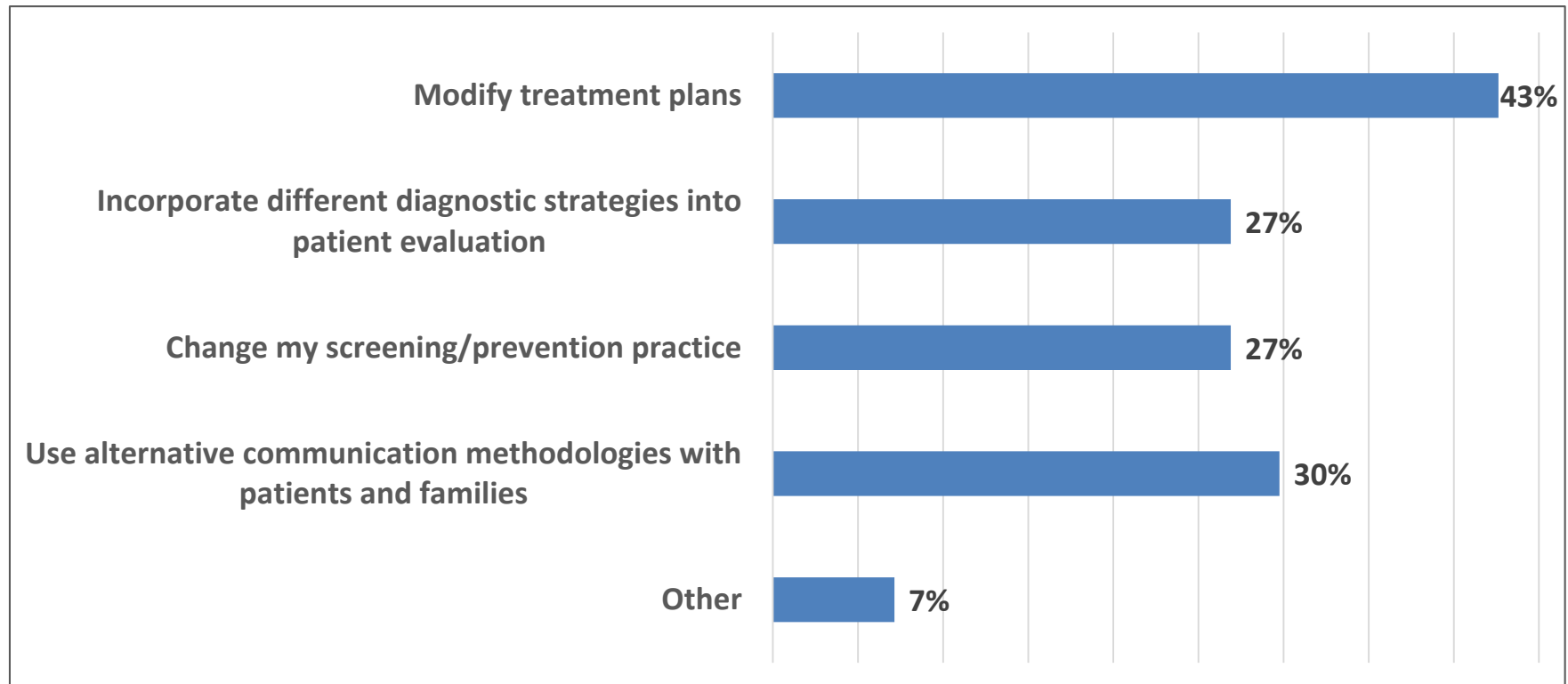
- A. Improve health-related quality of life*
- B. Increase longevity
- C. Increase the incidence of pneumonia
- D. Have no effect on the rate of COPD exacerbations
- E. A and C
- F. B and D

**Best answer is A, improve health-related quality of life*



Level 4 Outcomes: Competence (Intent to Change)

91% of participants report that they **intend to make changes to their practice** as a result of what they learned. *These changes include:*



Evaluation Results

Overall Activity Impact

Main Findings: The attendees responses to post-test evaluation questions demonstrated the following:

- **100%** of respondents report that the **activity was presented in an objective manner** and free of commercial bias
- **91%** report that they **intend to make changes** to their practice based on this educational initiative
- **96%** of respondents report that the activity **reinforced and/or improved current skills**
- **97%** of respondents reported that the content not only **addressed the learning objectives** but **met their educational needs.**

Key Learning Points

The most important key learning points from this activity:

- “All of the content from this activity: it was **extraordinarily interesting.**”
- “Education and observation of the patient are important.”
- “**Better treatment** options of COPD.”
- “Check **patient adherence.**”
- “Evaluation and **optimal pharmacotherapy** to patients with COPD.”
- “Investigate whether or not patient is compliant, figure out why he or she isn’t and take steps to help them with those barriers.”
- “The importance of **hands-on training** and follow up for taking medications.”
- “COPD is very treatable and has many new medications out there.”
- “Combination LABA and LAMA and its effectiveness.”
- “Follow standards of care but also make sure you (are) **treating your patient as an individual.**”

Summary

Based on the educational content delivered in the program, “New Strategies for Managing COPD: Emerging Therapies and Patient Education Tactics,” participants report that the activity will not only help **improve their skills or judgment** but that they **intend to change their practice** as a result of this educational activity.

Future educational opportunities identified by participants include:

- ✓ Any topics related to Asthma and COPD
- ✓ Etiology, pathophysiology of the disease, mechanism of the drugs, side effects, and drug interactions
- ✓ Prevention strategies
- ✓ Respiratory medicine
- ✓ CPAP and COPD exacerbations

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