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Title: Unifying the service: Creating a COPD action plan to bridge the gap between primary, intermediate, and secondary care

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Body: Introduction:Self-management in COPD aims to ensure that timely intervention is provided at exacerbation. Our project aim was to create a plan to use in primary and secondary care to streamline the management of COPD patients. Methods:20 patients with COPD were asked structured questions about medication use, information presentation, exacerbation recognition and management. A focus group was held to discuss content, structure, and cost of the plan. A draft version was piloted with COPD inpatients. Time taken to explain and complete the plan and patient feedback was recorded. Results:Structured questionnaires-20 patients, 11 male, Mean age 70 (49-86). 70% did not have an existing medication prompt, 25% prompted by daily tasks, 5% by family. 50% preferred information in text, 20% pictures, 30% both. Exacerbation symptoms in 60% included breathlessness, 30% cough, 20% lethargy, 15% chest tightness, 10% reduced appetite, 5% panic. 25% did not understand the term exacerbation. When managing an exacerbation, 40% rested, 40% took medication, 25% called for help, 10% did breathing exercises. 10% didn't know what to do. 5% already had a written plan. Contact in an exacerbation in 30% was paramedics, 25% family doctor, 15% community nurse, 15% family, 10% nobody, 5% NHS direct. 25% relied on others to call for help. Pilot: Mean time to explain/complete the plan 6.5 minutes (4.5-9). Feedback was positive overall. Conclusion:The process of developing the self-management plan has given insight into existing experiences of COPD management and highlighted gaps in knowledge. It is hoped the integrated approach will unify the care pathway for COPD patients locally.