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Title: COPD self management: The impact of implementing self management plans & rescue medications across 3 hospitals

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Body: Introduction: Guidelines for COPD suggests that patients should be given self-management advice and rescue medication. Aims & Objectives: Assess if a unified self management strategy, consisting of a self management plans, education and rescue medications, reduces hospital readmissions at 30 and 90 days. Methods: A six months project, across three acute hospitals was carried out. All patients admitted with a COPD exacerbation, unless contra-indicated were given: ·Self management plan. ·Rescue medication: course of prednisolone & antibiotic. Results: 491 patients were recruited. 53.3%, 54.6% and 25.2% of patients received a self management plan and rescue medication across the three hospitals respectively, with a mean of 36.3%. Common reasons for not receiving these were language barriers and concordance issues.

30 & 90 Day Exacerbation Rates Across 3 Hospitals

	COPD Readmission Rate %	COPD Readmission Rate %	COPD Readmission Rate %	COPD Readmission Rate %
	30 day readmission for patients given and not given self management plan & rescue medication	30 day readmission for patients given and not given self management plan & rescue medication	90 day readmission for patients given and not given self management plan & rescue medication	90 day readmission for patients given and not given self management plan & rescue medication
Hospital	Not Given (%)	Given Rescue Packs & Plan (%)	Not Given (%)	Given Rescue Packs & Plan (%)
1	16.3	12.2	23.3	10.2

2	20.5	14.0	31.8	26.0
3	33.3	21.3	32.2	30.0
TOTAL	28.8	16.7	23.1	17.4

Conclusions: Unified self management plans and rescue medications in COPD reduces 30 and 90 readmission rates by 12.1% and 5.7% respectively.