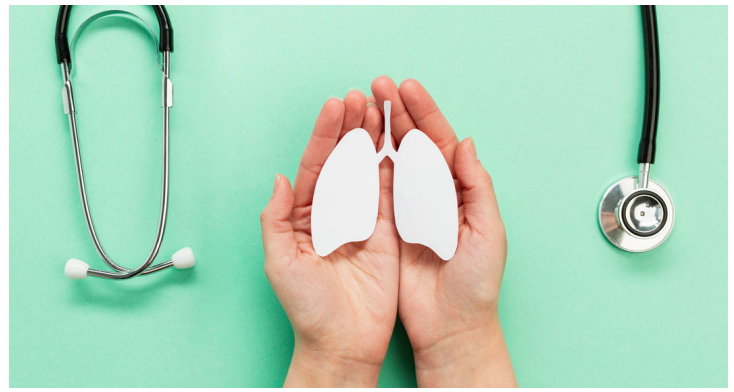


COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

Inhalation & Nutrition

Scientific evidence and quality of life in COPD



Quality care

Pharmacological treatment

Anti-smoking advice

Aimed at maximizing benefits, reducing symptoms and frequency of exacerbations, functional improvement and quality of life.

Inhalation technique

Nutrition

Assessment and education in the use of inhalers is fundamental to the management of COPD.

Repeated training in inhaler technique, performed by a specialized nurse, increases adherence and satisfaction with the inhaler.

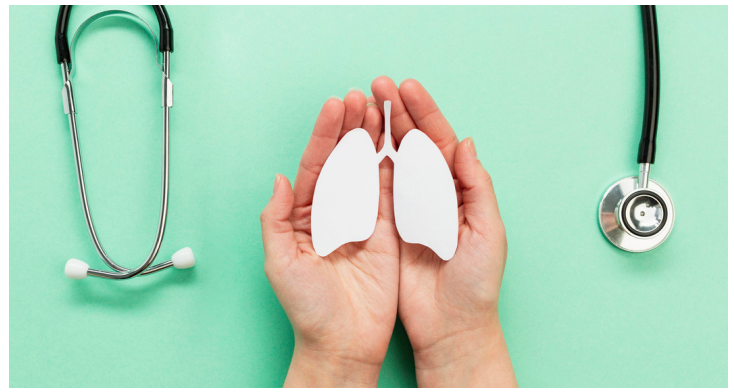
Fractional diet. Daily consumption of foods rich in energy and protein.

Aimed at improving nutritional status, functional capacity and quality of life.

8.- Ahn JH, Chung JH, Shin KC, Jin HJ, Jang JC, Lee MS, Lee KH. The effects of repeated inhaler device handling education in COPD patients: a prospective cohort study. *Sci Rep.* 2020 Nov 12;10(1):19676. doi: 10.1038/s41598-020-76961-y. PMID: 33184428; PMCID: PMC7665176
9.- Nguyen HT, Collins PF, Pavey TG, Nguyen NV, Pham TD, Gallegos DL. Nutritional status, dietary intake, and health-related quality of life in outpatients with COPD. *Int J Chron Obstruct Pulmon Dis.* 2019 Jan 14;14:215-226. doi: 10.2147/COPD.S181322. PMID: 30666102; PMCID: PMC6336029
You can check all the COPD Patient Empowerment resources at <https://gaapp.org/copd/copd-patient-empowerment-scientificevidence/>

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Inhalation & Nutrition

- **Assessment and education on the use of inhalers is critical to the management of COPD.**
- **Repeated training in inhaler technique**, performed by a specialized nurse, increased adherence and satisfaction with the inhaler but did not improve long-term quality of life (6 months).
- **Some key aspects of nutrition in COPD patients:**
 - Fractional diet
 - Daily consumption of energy and protein-rich foods as a priority to improve nutritional status, functional capacity, and quality of life.



Discover more COPD Empowerment assets at:
<https://gaapp.org/copd/copd-patient-empowerment-scientificevidence/>



This educational assets have been created for COPD patients and caregivers,
thanks to the collaborative work of:



Thanks to the generous support of:



Original Publications:

- Ahn JH, Chung JH, Shin KC, Jin HJ, Jang JG, Lee MS, Lee KH. The effects of repeated inhaler device handling education in COPD patients: a prospective cohort study. *Sci Rep.* 2020 Nov 12;10(1):19676. doi: 10.1038/s41598-020-76961-y. PMID: 33184428; PMCID: PMC7665176.
- Nguyen HT, Collins PF, Pavey TG, Nguyen NV, Pham TD, Gallegos DL. Nutritional status, dietary intake, and health-related quality of life in outpatients with COPD. *Int J Chron Obstruct Pulmon Dis.* 2019 Jan 14;14:215-226. doi: 10.2147/COPD.S181322. PMID: 30666102; PMCID: PMC6336029.