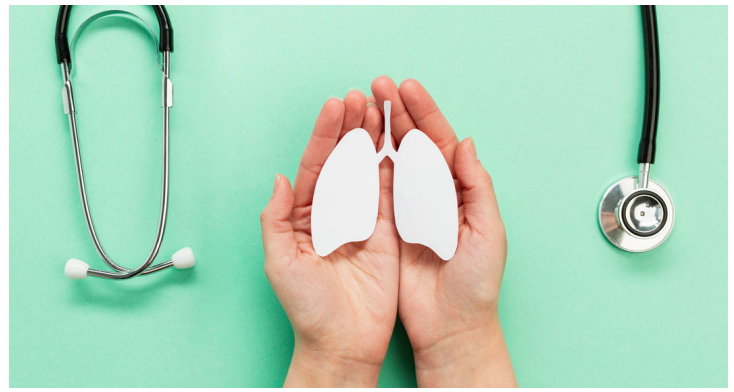


# COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

## Adherence & Selfcare

### Scientific evidence and quality of life in COPD



#### Transparency

Communicative spaces with the participation of patients, caregivers, family members, healthcare professionals, directors and managers, providers, associations and patient and caregiver support foundations that gather and respond to their felt needs strengthen trust.

#### Self-management

Digital health literacy favors self-management of COPD, and especially impacts knowledge of the disease and the level of physical activity.

#### Trust

Taking into account the factors that determine that determine trust in health care instructions, the expression and attention to the felt needs of patients, caregivers and users of health care services, favors making the necessary means available to them, as well as effective communication, based on transparency, empathy and the overall positive assessment of the response and reliability of the interventions.

#### Coaching

The accompaniment, training and guidance (coaching) in health, contributes to adherence to treatment, good decision making of COPD patients regarding their disease (empowerment) and improvement of their quality of life.

#### Literacy

Health literacy is defined as the cognitive and social skills that determine the motivation and ability of individuals to access, understand and use available information to promote and maintain good health.

#### Coaching Training

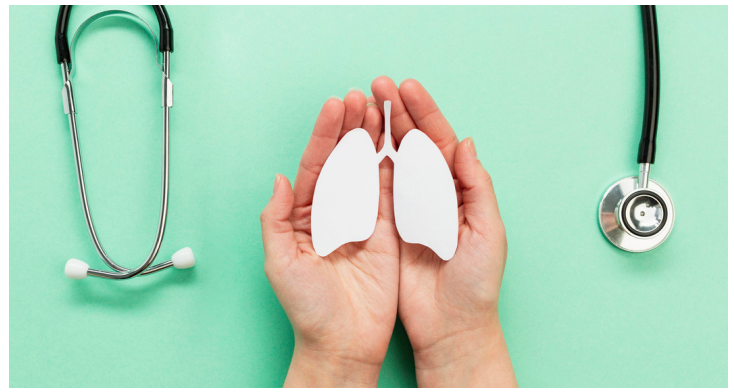
Health coaching competencies should be included in the training profile of health professionals.



4.- Hass, N. (2022). El concepto de la confianza como valor social que sostiene el sistema sanitario público en España. Tendencias Sociales. Revista De Sociología, (8), 87-132. <https://doi.org/10.5944/ts.2022.34262>.  
5.- Shnaigat M, Downie S, Hosseinzadeh H. Effectiveness of Health Literacy Interventions on COPD Self-Management Outcomes in Outpatient Settings: A Systematic Review. COPD. 2021 Jun;18(3):367-373. doi: 10.1080/15412555.2021.1872061. Epub 2021 Apr 26. PMID: 33902367.  
6.- Tülüce D, Kutlutürkan S. The effect of health coaching on treatment adherence, self-efficacy, and quality of life in patients with chronic obstructive pulmonary disease. Int J Nurs Pract. 2018 Aug;24(4):e12661. doi: 10.1111/ijn.12661. Epub 2018 May 16. PMID: 29770542.  
You can check all the COPD Patient Empowerment resources at <https://gaapp.org/copd/copd-patient-empowerment-scientificevidence/>

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- **It requires the generation of communicative spaces with the participation of all the agents of the healthcare system:** patients and relatives, healthcare professionals, managers and directors of healthcare institutions, providers, patient support associations and foundations, caregivers, etc. ); adapted to the real requirements of patients and their environment. With the aim of improving the level of trust, which transcends the pure hospital/ambulatory, technical and clinical environment.
- **Taking into account the factors that determine trust in health care instructions,** the expression and attention to the felt needs of patients, caregivers, and users of health care services favor making the necessary means available to them, as well as effective communication, based on transparency, empathy and overall positive assessment of the response and reliability of the interventions.
- **Health literacy is the ability of a person to perform different tasks in a digital environment.** This skill includes the competence to locate, research and analyze information, as well as being able to develop content and design proposals, through digital media.
- **Digital literacy enables understanding and use of available information to promote and maintain good health,** which supports self-management of COPD and especially impacts knowledge of the disease and level of physical activity.
- **The accompaniment, training and guidance (coaching) in health, contributes to adherence to treatment,** good decision-making of COPD patients regarding their disease (empowerment), and improvement of their quality of life.
- **Health coaching competencies should be included in the training profile of health professionals.**



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:



With the clinical revision of:



Thanks to the generous support of:



### Original Publications:

- Hass, N. . (2022). El concepto de la confianza como valor social que sostiene el sistema sanitario público en España. Tendencias Sociales. Revista De Sociología, (8), 87–132. <https://doi.org/10.5944/ts.2022.34262>
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