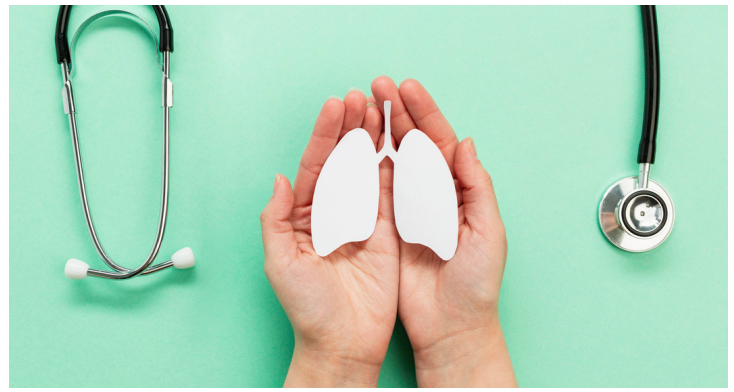


COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD

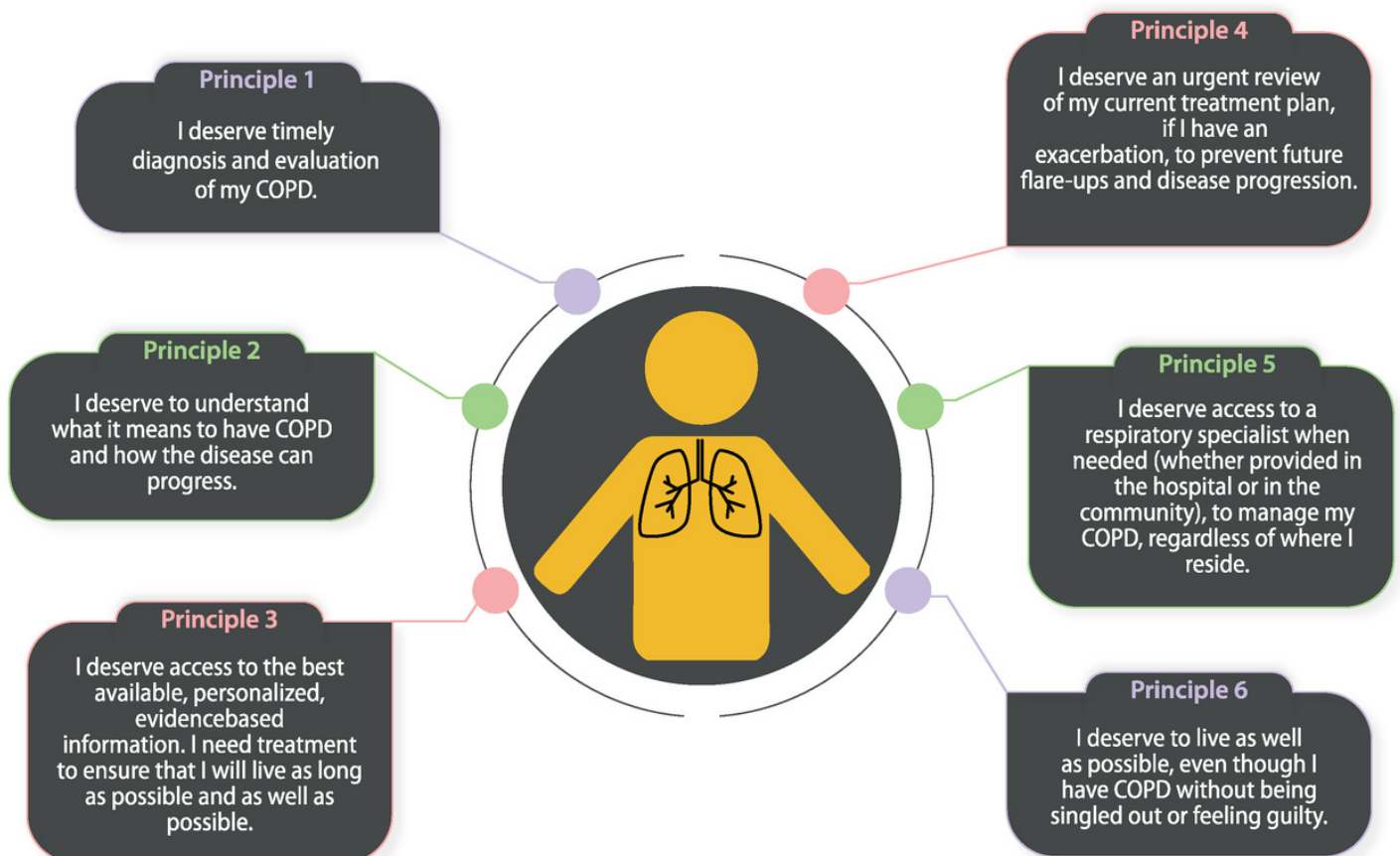


A systematic review aimed at patients, family members and caregivers

Quality of Life in COPD

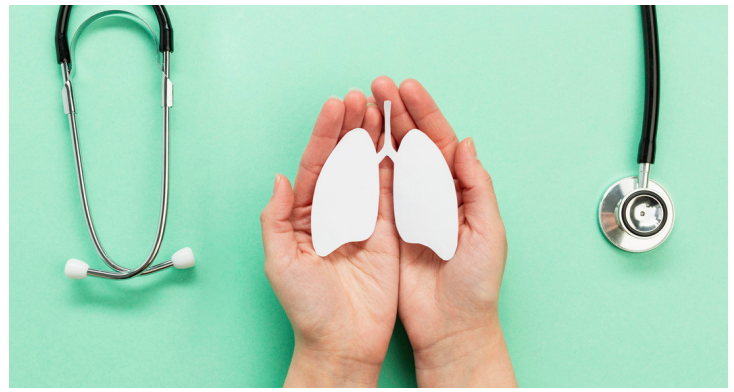
Quality of life in COPD

COPD Patient Manifesto



COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

Felt Needs and quality of life

COPD patient charter:

- Principle 1: I deserve a timely diagnosis and evaluation of my COPD.
- Principle 2: I deserve to understand what it means to have COPD and how the disease can progress.
- Principle 3: I deserve access to the best available, personalized, evidence-based information. I need treatment to ensure that I will live as well as possible for as long as possible.
- Principle 4: I deserve an urgent review of my current treatment plan, if I have an exacerbation, to prevent future flare-ups and disease progression.
- Principle 5: I deserve access to a respiratory specialist when needed (whether provided in the hospital or in the community), to manage my COPD, regardless of where I reside.
- Principle 6: I deserve to live as well as possible, even if I have COPD without being singled out or feeling guilty.

Key recommendations to meet the needs of the COPD patient:

- COPD patient health literacy/education: risk factors, types of disease, associated symptoms, the implications of living with COPD, warning signs, and how to participate in self-care.
- Access to tools necessary for diagnosis
- Personalized, proactive management that seeks to maintain their functionality and improve their quality of life.
- Identification and intervention of factors associated with exacerbations
- Early diagnosis and treatment of exacerbations, aimed at preventing new episodes.
- Access to specialized care, supported by the use of digital technologies and telemedicine.



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:



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1. Hurst JR, Winders T, Worth H, Bhutani M, Gruffydd-Jones K, Stolz D, Dransfield MT. A Patient Charter for Chronic Obstructive Pulmonary Disease. Adv Ther. 2021 Jan;38(1):11-23. doi: 10.1007/s12325-020-01577-7. Epub 2020 Nov 27. PMID: 33245531; PMCID: PMC7854443.