

# A computer-based intervention to help COPD patients improve their lifestyle.

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON27254

### Source

NTR

### Brief title

DIS

### Health condition

disease management; electronic patient record; patient self management; lifestyle intervention. ketenzorg; elektronisch patiënten dossier; leefstijl interventie.

## Sponsors and support

**Primary sponsor:** performer = Maastricht University

financer = ZonMw

**Source(s) of monetary or material Support:** ZonMW

## Intervention

## Outcome measures

### Primary outcome

The main outcome measures are:

1. The observed levels of self management and use of information technology at 1 year;

2. The perceived benefits for care, self-management, and organization at 1 year;
3. The estimated costs and benefits of a full implementation at 1 year.

### **Secondary outcome**

The optimal frequency of reminders for continuing the system use at 1 year.

## **Study description**

### **Background summary**

The goal of this project is to improve the self management of COPD patients with the help of information technology as part of a disease-management approach. We will integrate two existing evidence-based methods to realize this goal. The first method is a disease-management approach with EPR support that has been validated for diabetes care. The second method is a computer-tailored feedback approach for patient self management that has been validated for smoking and physical activity. Both methods have been developed at University Maastricht.

In the Maastricht region a Diagnosis-Treatment Combination (DBC) reimbursement system for COPD will be implemented in 2008. This DBC is based on our validated disease-management approach. In this proposal we will enrich this program by an intervention in which we provide the COPD-patient with computer-tailored feedback between consultations.

We will assess the feasibility of this intervention by conducting a pilot study in which we examine the effects on (1) patient self management and (2) the organization of care; (3) the use and appreciation of the information technology; (4) the costs and benefits of a full implementation. The study has a pre-post design with process measurement during the intervention. We recruit 48 COPD-patients equally divided over 4 general practitioners. Main outcome measures are (1) the observed levels of self management and use of information technology; (2) the perceived benefits for care, self-management, and organization; (3) the estimated costs and benefits of a full implementation. Data sampling takes place by a web-based questionnaire, physician consultation, information-system logging, in-depth interviews, and focus groups. Within the pilot we conduct a small experiment to compare different frequencies to remind the patient to revisit the computer-tailoring system. For this experiment we use a balanced-block design with three blocks of four patients per general practitioner. At the end of the project the results are commented by an expert panel and

recommendations are given about the optimization of the EPR infrastructure.

### **Study objective**

Does computer tailored feedback improve the lifestyle of COPD patient?

### **Study design**

1 year.

### **Intervention**

The self help manager is a computer program that provides the patient with feedback. The patient will fill in a questionnaire and the responses to the questions will yield a specific advice.

## **Contacts**

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## **Eligibility criteria**

### **Inclusion criteria**

COPD patients, who are treated by a general practitioner, according to the DBC protocol for COPD.

## Exclusion criteria

1. COPD patients, who are treated by the medical specialist;
2. Receive care by public health nurses;
3. Patients who have an insufficient command of the Dutch language.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Non-randomized controlled trial
<b>Control:</b>	N/A , unknown

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	15-02-2010
Enrollment:	48
Type:	Anticipated

## Ethics review

Not applicable	
Application type:	Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL1879
NTR-old	NTR1993
Other	Zonmw : 80-82605-98-058
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

N/A