

CoCo in COPD treatment: Evaluation of use, satisfaction and clinical effects.

Gepubliceerd: 19-09-2011 Laatste bijgewerkt: 13-12-2022

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Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON21635

Bron

NTR

Verkorte titel

CoCo COPD

Aandoening

COPD

Telemedicine

Self-management

Physical Activity

Ondersteuning

Primaire sponsor: Roessingh Research and Development

Overige ondersteuning: Zorginnovatieplatform

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The CoCo application will be evaluated among patients in terms of use of the application (registered by system), satisfaction with the application, satisfaction with received care, and quality of care.

Toelichting onderzoek

Achtergrond van het onderzoek

Chronic Obstructive Pulmonary Disease (COPD) is a chronic, progressive lung disease. The prevalence and associated costs of COPD are projected to increase the upcoming decades. The treatment of COPD aims to reduce risk factors, prevent disease progression and manage exacerbations. Physiotherapy, increasing physical participation in daily activities, and early detection and treatment of exacerbations are important elements of COPD treatment to achieve these goals, besides medication and smoking cessation. For optimization of COPD treatment, the treatment programme should be individually based, and is therefore time- and labour intensive for the patient and the professional.

Home-training programs and self-management of exacerbations have proven to be effective new treatment methods. If these programmes are offered as a telemedicine application, they could contribute to a reduction in labour and costs.

Therefore, the telemedicine application CoCo (ConditionCoach) will be used in the COPD treatment after summer. CoCo supports the treatment of COPD patients through active self-management and promotion of an active lifestyle. The healthcare professional can supervise from a distance. To justify the implementation of the CoCo application in the regular treatment program (on the long term) and to allow further scaling, evaluation of the deployment of the CoCo application is important. The primary objective of this study is to evaluate the CoCo application in the regular treatment of the MST and associated physiotherapy practices. We will investigate the use of the application, the application satisfaction, satisfaction of care and quality of care. The secondary aim of this study is to explore the clinical changes of the CoCo application in the regular treatment on the health status of the patient. It is expected that the deployment of the application will have at least similar effects on the patient's health (compared to the regular treatment program without using CoCo). In a randomised study, the deployment of the CoCo application will be evaluated. In addition, the effects of the use of CoCo on the health status will be investigated. The following conditions will be compared: 1) regular treatment program, 2) treatment program with the CoCo application. Study participants are people with COPD who are under treatment of the lung physician, with a history of ≥ 3 exacerbations or one hospitalisation for COPD in the two years preceding study entry, and without an exacerbation in the month prior to enrolment. The CoCo application is a technology-supported care service for self-management of COPD exacerbations and for promotion of an active lifestyle.

Doel van het onderzoek

Chronic Obstructive Pulmonary Disease (COPD) is a chronic, progressive lung disease. The

prevalence and associated costs of COPD are projected to increase the upcoming decades. The treatment of COPD aims to reduce risk factors, prevent disease progression and manage exacerbations. Physiotherapy, increasing physical participation in daily activities, and early detection and treatment of exacerbations are important elements of COPD treatment to achieve these goals, besides medication and smoking cessation. For optimization of COPD treatment, the treatment programme should be individually based, and is therefore time- and labour intensive for the patient and the professional.

Home-training programs and self-management of exacerbations have proven to be effective new treatment methods. If these programmes are offered as a telemedicine application, they could contribute to a reduction in labour and costs.

Therefore, the telemedicine application CoCo (ConditionCoach) will be used in the COPD treatment. CoCo supports the treatment of COPD patients through active self-management and promotion of an active lifestyle. The healthcare professional can supervise from a distance. To justify the implementation of the CoCo application in the regular treatment program (on the long term) and to allow further scaling, evaluation of the deployment of the CoCo application is important.

Onderzoeksopzet

T0 (inclusion), T1 (1 month), T2 (3 months), T3 (6 months) and T4 (9 months).

Use of the application is registered by the system. Satisfaction with the application is measured by a questionnaire based on the Unified Theory of Acceptance and Use of Technology (UTAUT). Satisfaction with received care is measured by the Client Satisfaction Questionnaire (CSQ). Quality of care is measured by a questionnaire based on the RATER model (Reliability, Assurance, Tangibles, Empathy, Responsiveness). The UTAUT and RATER questionnaires are assessed before use of CoCo “expectations” and during use of CoCo “experiences”. Outcome measures to evaluate the clinical effects are: Exacerbations (number, duration), amount of activity (accelerometer), exercise tolerance, fatigue, health status and symptoms, and quality of life.

Onderzoeksproduct en/of interventie

The primary objective of this study is to evaluate the CoCo application in the regular treatment of the MST and associated physiotherapy practices. We will investigate the use of the application, the application satisfaction, satisfaction of care and quality of care. The secondary aim of this study is to explore the clinical changes on the health status of the patient by the CoCo application in the regular treatment. It is expected that the deployment of the application will have at least similar effects on the patient's health (compared to the regular treatment program without using CoCo).

The CoCo application is a technology-supported care service for self-management of COPD exacerbations and for promotion of an active lifestyle. The application consists of three modules:

1. Activity registration and feedback;
2. Online webportal with online training program;
3. Self-management of exacerbations by a triage diary on a smartphone.

In addition, CoCo has a telemonitoring module for the patient and the professional, for monitoring the progress of the patient, and where the physiotherapist can adjust the training program.

Total duration of the intervention is 9 months. The participants will participate in the self-management program of exacerbations, and in addition their physiotherapists decides how and when they use the activity registration module. The physiotherapist also selects the exercises per patient for the online training program and adapts this training program following the progress of the patient. The control group receives usual care. Patients are randomized in either the control or intervention group.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. A clinical diagnosis of COPD according to the GOLD criteria;
2. No exacerbation in the month prior to enrolment;
3. ≥ 3 exacerbations or one hospitalization for respiratory problems in the two years preceding study entry;
4. (Ex)smoker;
5. Age > 40 years;
6. Post-bronchodilator FEV1 25-80% of predicted;
7. Able to understand and read Dutch;
8. Internet access at home.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Serious other disease with a low survival rate;
2. Other diseases influencing bronchial symptoms and/or lung function (e.g. cardiac insufficiency, sarcoidosis);
3. Severe psychiatric illness;
4. Uncontrolled diabetes mellitus during a COPD exacerbation in the past or a hospitalization for diabetes mellitus in the two year preceding the study;
5. Need for regular oxygen therapy (>16 h per day or $pO_2 < 7.2$ kPa);
6. Maintenance therapy with antibiotics;
7. Known α_1 -antitrypsine deficiency;
8. Disorders or progressive disease seriously influencing daily activities (e.g. amputation, paralysis, progressive muscle disease);

9. Impaired hand function causing inability to use application.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-10-2011
Aantal proefpersonen:	30
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	19-09-2011
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2925
NTR-old	NTR3072
Ander register	ABR : 38014
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A