



PREVENTION THROUGH PARTNERSHIP

Improving COPD Outcomes in Primary Care Through Holistic Reviews,
Inhaler Optimisation and Multimorbidity Management

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Patient and HCP Partnership

594

Patients Reviewed



99.3%

Inhaler Technique
Assessed



63.5%

Required Inhaler
Optimisation



98%

Reported Adherence
at Follow-Up



Patients with a recent exacerbation history and/or persistent symptoms despite treatment were proactively identified through risk stratification and invited for a holistic optimisation review within primary care.

1 WHY? | APPROACH | CARE PATHWAY

WHY DOES THIS MATTER?

Many people with COPD remain symptomatic despite treatment. Symptoms are not always caused by COPD alone.

Potential Contributors

- Poor inhaler technique
- Patients may receive the right treatment but not the full benefit if inhaler technique, confidence or training are inadequate.
- Cardiovascular disease and cardiovascular risk
- Mental wellbeing
- Bone health and frailty
- Lifestyle factors
- Social circumstances and support

KEY MESSAGE

Better outcomes require understanding and addressing the factors that influence health beyond COPD alone.

OUR APPROACH



PATIENTS PRIORITISED FOR REVIEW

- Recent exacerbation history (≥1 in the previous 12 months)
- Persistent symptoms despite treatment

CARE PATHWAY

- Risk Stratification
- Holistic Review
- "What Matters To You?"
- Shared Decision-Making
- Personalised Care Plan
- Follow-Up Telephone Review (4-6 Weeks)
- Prevention & Ongoing Support

2 PATIENT AT THE CENTRE

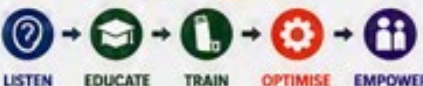
"WHAT MATTERS TO YOU?"

Every review started with one question.

We explored:

- Goals and priorities
- Understanding of COPD
- Beliefs and values
- Confidence in self-management
- Lifestyle and wellbeing
- Social support
- Barriers to adherence
- What patients wanted to achieve

Management plans were developed
WITH patients, not FOR patients.



Shared decision-making at every stage

Patients gained the knowledge, skills and confidence to become active partners in managing their health.

HOLISTIC REVIEW FRAMEWORK

LUNGS & LIFESTYLE	HEART & METABOLIC HEALTH	MIND & WELLBEING	BODY, BONES & FRAILTY
- Symptoms and exacerbation risk - Long-Term COPD diagnosis - Inhaler technique assessment - Practical inhaler training - Smoking cessation support - Pulmonary rehabilitation - Physical activity and exercise - Dietary considerations - Other respiratory conditions	- Cardiovascular risk assessment - Blood pressure - Pulse rhythm assessment - Atrial fibrillation screening - Heart failure - Diabetes - Dyslipidaemia management	- Mental wellbeing - Anxiety and depression - Confidence in self-management - Health beliefs and concerns - Social support - Social prescribing	- Bone health assessment - FRAX evaluation - Steroid burden - Frailty and mobility considerations - Nutrition

3 INHALER OPTIMISATION & OUTCOMES

THE RIGHT PATIENT • THE RIGHT TREATMENT • THE RIGHT DEVICE

Reviews identified:

- Poor inhaler technique
- Devices not matched to patient ability
- Gaps in confidence and skills
- Opportunities for optimisation

EDUCATION ALONE IS NOT ENOUGH

Patients received:

- Inhaler education
- Practical training
- Demonstration and teach-back
- Technique correction
- Device suitability review
- Follow-up reinforcement

Effective inhaler use requires assessment,
training and optimisation.

Improved inhaler confidence, symptom control and engagement with pulmonary rehabilitation were observed following optimisation and follow-up review.
Reported adherence at follow-up was 98%.

LOOKING BEYOND COPD

- Cardiovascular disease and cardiovascular risk
- Anxiety and depression
- Bone health and frailty
- Other respiratory conditions
- Long-Term Conditions and Multimorbidity Optimisation

Looking beyond COPD helped identify unmet needs, support investigations and referrals, optimise multimorbidity management and improve quality of life.

BETTER PARTNERSHIP, BETTER OUTCOMES

62% Pulmonary Rehabilitation Referral	99.8% Personalised Care Plans	98% Reported Adherence at Follow-Up
22.6 → 13.2 CAT Improvement	2.22 → 4.43 COPD Knowledge Score	69.4% Clinically Significant Improvement in Breathlessness

OUTCOME MESSAGE

Patients gained the knowledge, skills and confidence to become active partners in managing their health, with improvements demonstrated in COPD knowledge, symptom burden and breathlessness.

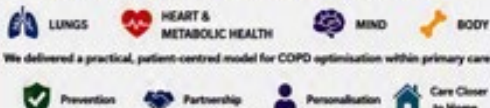
WHAT MATTERS TO PATIENTS?

- Better understanding of COPD and treatment
- Improved symptom control
- Greater confidence using inhalers
- Greater confidence to self-manage
- Greater involvement in decisions
- Feeling listened to and understood
- Greater ownership of health
- Greater confidence to manage health closer to home

CONCLUSION

PREVENTION STARTS BEFORE THE EXACERBATION

By proactively identifying patients at risk and systematically considering:



We delivered a practical, patient-centred model for COPD optimisation within primary care.

Prevention • Partnership • Personalisation • Care Closer to Home

Whole-person COPD optimisation built on patient voice, partnership and personalised care.

WHAT MATTERS TO YOU?

Patients were active partners in every decision. Treatment was tailored using:

- Symptoms
- Exacerbation Risk
- Comorbidities
- Biomarker information where available
- Patient Priorities

Personalised care starts by understanding what matters most to the patient. Building trust through partnership enabled truly personalised COPD care.

FINAL TAKE-HOME MESSAGE

By listening first, building trust, understanding what matters to patients, and considering symptoms, exacerbation risk, multimorbidity and biomarker information alongside inhaler optimisation, this prevention-focused model delivered personalised COPD care closer to home.



LISTEN • EDUCATE • TRAIN • OPTIMISE • EMPOWER

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