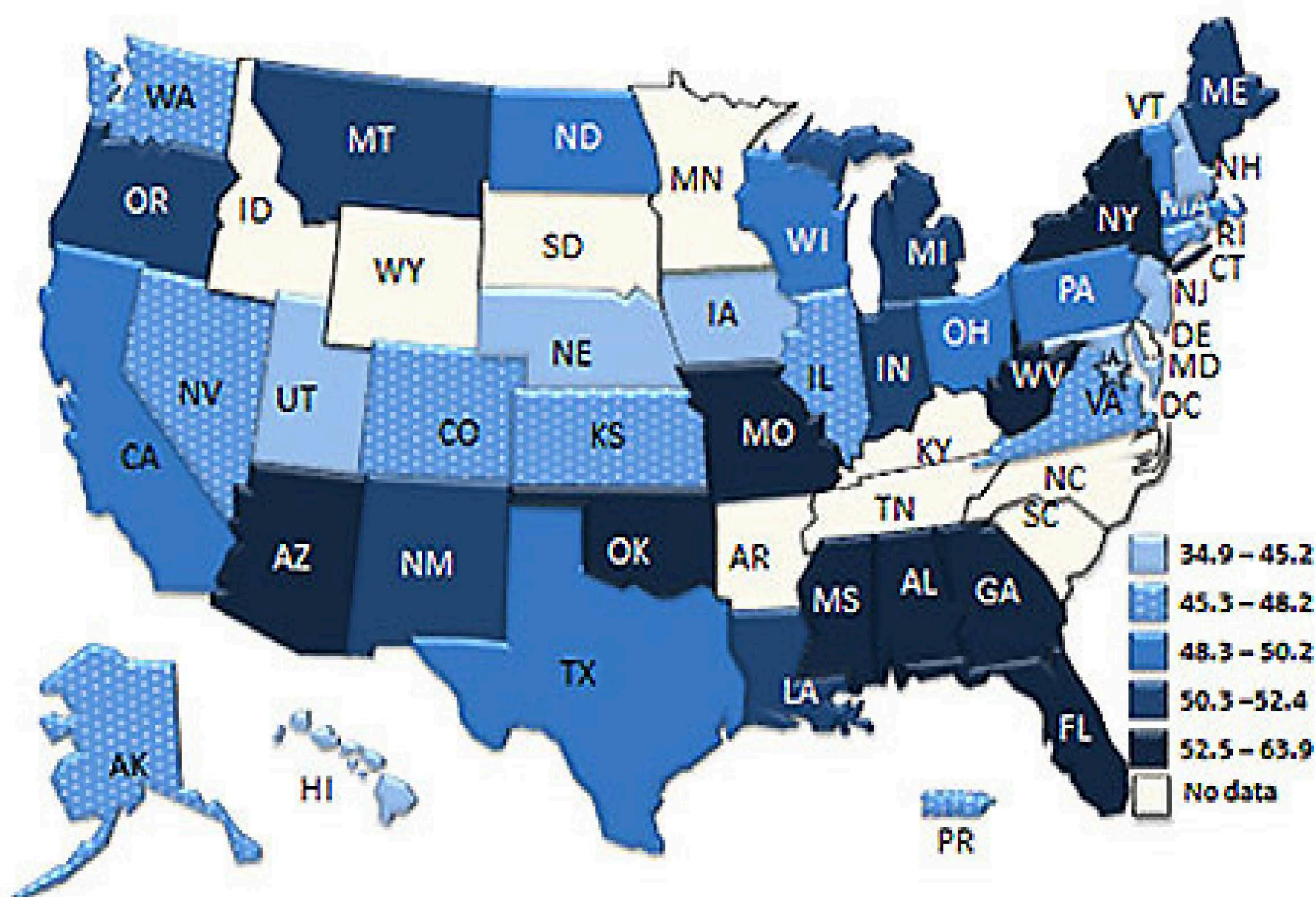


BACKGROUND

- According to Centers for Disease Control (CDC) statistics from 2015 and 2016, approximately 7.8% of the population has asthma and 6.4% reportedly have COPD^{1,2}.
- According to 2014 CDC data, Georgia specifically has an 8.3% prevalence of asthma patients. A prevalence range of 6.5 to 7.5% was reported in 2014 for patients with COPD in Georgia³.
- The CDC reported in 2015 that 46.9% of people with asthma encountered an exacerbation, or "asthma attack"¹.
- Common reasons patients do not manage their COPD or asthma include non-adherence to medication regimens, poor inhaler techniques, and frequent exacerbations.
- Pharmacists are at the front-line of the community and can have an impact on this population of patients.
- Asthma control reflects the level of minimizing the frequency and intensity of symptoms and functional limitations. Uncontrolled asthma can be costly to families and society, since it leads to an increase in emergency department visits, hospitalizations, and work and school absences.⁴

Percentage of Adults with Uncontrolled Asthma (2014)



Georgia: 52.5-63.9% uncontrolled asthma

OBJECTIVES

The objective of this study was to evaluate the impact of implementing a support group for patients with COPD and/or asthma.

Primary objectives:

- To determine changes in knowledge and comfort level with the patients' disease state(s)
- To determine changes in inhaler technique
- To determine changes in incidence of exacerbations

METHODS

A monthly support group that lasted 1-2 hours was hosted at the pharmacy.

The meetings focused on anatomy and physiology of respiratory diseases, inhaler techniques, medication management, disease state management, and open discussions.

Participants were given an entrance survey to assess general knowledge and comfort level with their disease state, inhaler technique, and exacerbation history at their first meeting.

An exit survey was administered to participants after attending 3 meetings or at the end of the study.

The results from the second survey were compared to the results from the initial survey for changes in the measured outcomes.

SUPPORT GROUPS

- Better Breathers Club platform was used with approval from the American Lung Association.
- Patients were recruited by flyers and bag stuffers at the pharmacy.
- Support group monthly topics included:
 - What are Asthma and COPD?
 - Asthma and COPD Medications
 - Asthma Attacks, COPD Exacerbations, Pneumonia, and the Flu



RESULTS

Entrance and Exit Survey Answers

	Beginning of the Study (Entrance)	End of the Study (Exit)	Change from Baseline
Disease State Knowledge and Comfort Level* (average)	<ul style="list-style-type: none"> Understand disease state and medications: majority AGREED Difficult to exercise due to disease state: majority AGREED Comfortable discussing disease states with healthcare professionals: majority AGREED 	To Be Determined	To Be Determined
Inhaler Technique Ranking† (average score)	Medium (10)	To Be Determined	To Be Determined
Total Attacks and Exacerbations reported in the last 6 months (average)	1 (7 participants)	To Be Determined	To Be Determined

*Results based on a Likert Scale (Strongly Disagree, Disagree, Neutral, Agree, and Strongly Agree)

†Results based on multi-question assessment and ranked based on a scale of low (1-5), medium (5-10), or high (11-16) understanding of inhaler technique

GROUP ATTENDANCE

- November 2017 = 7 participants
- December 2017 = 2 participants
- January 2018 = 0 participants
- February 2018 = 2 participants

CONCLUSIONS

- Support from a pharmacist and/or others in the community setting can increase disease-state knowledge and comfort level with disease-state management.
- Some patients may require one-on-one time to achieve a higher impact.
- Incentives may be needed to increase participation from patients in educational groups or classes about their disease states.
- Additional Results Pending

LIMITATIONS

- Short duration of study
- Small number of participants for data collection
- Lack of motivation or incentives to entice community to participate in group

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Disclosure

Authors of this presentation have the following to disclose concerning possible financial or personal relationships with commercial entities that may have a direct or indirect interest in the subject matter of this presentation: No information to disclose.