



EMPOWERMENT GUIDES FOR PATIENTS WITH COPD

Revised by experts, patients & caregivers

Key issues:

- 1.-Under-diagnosed of COPD
- 2.-Insufficient patient treatment impact, disease control & disease progression.
- 3.-To Lack of communication between patients and doctors.
- 4.-To lack effective, continuous and multidisciplinary follow-up
- 5.-To lack early & effective, diagnosis & treatment
- 6.-To foster the self-care.

Objective: GAAPP in collaboration with APEPOC and with the scientific review of CIBERES, have created six guides supported to scientific evidence and international standards for the COPD management, as a tool that allows COPD patients, their families, and caregivers to make the best health decisions.

Results: The guides can be found in Spanish in APEPOC: <https://www.apepoc.es/epoc/guia-empoderamiento-del-paciente> and additionally, in English, Ukrainian, Russian, French, and German at the GAAPP main page for this project: <https://gaapp.org/copd/patient-empowerment-guides/>

Methodology: These guides are the result of the “Research Action Participation” methodology and the “patient value proposition”, which focus on self-management of the disease and preventing its progression to achieve better life quality and longer life expectancy.

Clinical Value Proposition:

Many professional health care societies recognize the need to empower patients and their families to use more rigorous processes to ensure the best available evidence informed health care.

Patients Value Proposition:

Involvement of self-control of its own disease preventing, its progression and achieving better life quality and longer life expectancy.



Expert team: A multidisciplinary team of patient experts, clinicians and researchers, several disciplines:

- **Coordinador Group:** Gundula Kobmiller (GAAPP), Tonya Winders (GAAPP President), Nicole Hass (Spokesperson and Technical Advisor of APEPOC), Dr. Ady Angelica Castro (Medical Researcher CIBERES ISCIII).
- **Work Group:** Dr. Ady Angelica Castro (Medical Researcher CIBERES ISCIII), Dr. Isidoro Rivera (Primary Care Doctor), Nicole Hass (Spokesperson and Technical Advisor of APEPOC), Dr. Raúl de Simón (Primary Care Doctor and coordinator of smoking of the scientific society SEMERGEN).
- **Methodological support:** Dr. Carlos Bezós (Institute for the Patient Experience, IEXP).
- **Administrative support and translations:** (Spanish, Russian and Ukrainian): Lara Puente (APEPOC), Viktoria Rozhko (APEPOC).
- **Other translations:** GAAPP (Global Allergy & Airways Patient Platform).
- **Patient Group:** Juan Traver, Consuelo Díaz de Maroto, Antonia Coalla, Elena Diego.
- **Additional support group (patients):** Asunción Fenoll, Fernando Uceta, José Julio Torres, Justo Herraíz, Luís María Barbado, Maria Isabel Martín, María Martín, Pedro Cabrera.
- **Group of patient's family members and care-givers:** Ángeles Sánchez, Ivan Pérez, José David Fernández, Julián Durand, Matilde Aparicio.