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Lay Summary

The Digital COPD Coach for patient education and self-management – a multicenter mixed-method study

Research management

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Short title

The Digital Coach for people with COPD

Synopsis

We will investigate and compare the effectiveness of the Digital COPD Coach to the conventional Living Well With COPD program. With the digital version we expect to empower a wider range of people affected by COPD to manage their condition and improve their quality of life.

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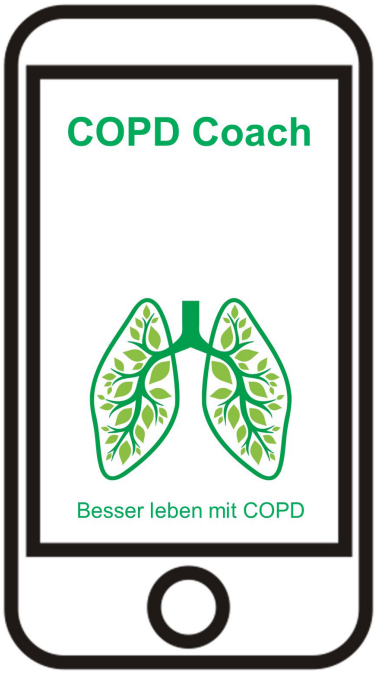

The Digital COPD Coach as a cell phone application for patient education and self-management for people living with Chronic Obstructive Pulmonary Disease.

Project description

- **Context / background**
  Primary ciliary dyskinesia (PCD) is a rare geIn Switzerland, approximately 300'000 people suffer from chronic obstructive pulmonary disease (COPD), yet only a minority can access the highly beneficial "Living Well With COPD" program. This program has demonstrated significant enhancements in quality of life, reduced exacerbations, and hospitalizations, and lower mortality rates among participants.

- **Objectives and methods**
  Our aim is to establish scientific evidence supporting the delivery of COPD patient education and self-management through digital means within the Swiss health care setting. We will assess the acceptability and effectiveness of the Digital COPD Coach by examining various endpoints and comparing its performance to the conventional LWWCOPD program.

- **Significance**
  The Digital COPD Coach might empower people with COPD to lead more self-assured lives through personalized education and self-management support. Furthermore, by potenti ally reducing exacerbations, which are the primary drivers of COPD-associated morbidity, mortality, and healthcare costs, the Digital COPD Coach holds promise to significantly improve outcomes for COPD patients. With a preliminary cost-effectiveness analysis, we hope to advocate for reimbursement of digital health interventions for chronic diseases in Switzerland, thereby facilitating greater accessibility to innovative healthcare solutions.

- **Start and duration**
  Starting date: 01.07.2025
  Duration of the project: 2 years

- **Amount of funding**
  The SLA makes available a total amount of
  80 000 CHF

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