Title: Curating audio-visual self-management digitalresources for people with Chronic Obstructive Pulmonary Disease (COPD): A novel process report.

Loughran, KJ1, Williams S2, Jouravleva K2, Mordue P1, Saraiva I3&4, Bremond M5, Cook C6, Orme MW7, Turnbull D1, Skidmore N1

Introduction: The ability to self-manage symptoms and improve physical activity is beneficial in living well with COPD1. People increasingly access online information to manage conditions. Locating evidenced based self-management information from reliable sources may be difficult for people with COPD2.

Aims: To describe the process of searching and curating audio-visual self-management resources, starting with breathlessness management and safely increasing physical activity, into a HCP endorsed digital magazine for people with COPD.

Methods: A novel targeted search strategy was created by the project steering committee (a multidisciplinary European team of an ELF patient representative, experienced healthcare professionals, researchers, and evidence synthesis specialists). Search terms associated with breathing exercises and physical activity were generated by group discussion. Terms were searched on YouTube, Google Video, Vimeo, Odyssey, and patient support organisations to target lay person content.

Resource selection: A sample of 6 results for each search term was provided to the steering committee and scored out of 5 for 1) clinical message - clarity of information and correct evidence-based technique/advice 2) resource quality - visual resolution and audio intelligibility, and 3) personal appeal - appeal to people with COPD. Highest scoring resources were used to inform discussion for resources used in the digital magazine and further search strategy refinement.

Conclusions: This project has identified a new strategy to collate evidenced-based audio-visual self-management digital resources for people with COPD, offering trustworthy information in a user-friendly digital format.

1708/1810 characters in total

Affiliations:

1 Centre for Rehabilitation, School of Health & Life Sciences, Teesside University, Middlesbrough, UK

2 The International Primary Care Respiratory Group, Edinburgh, UK

3 European Lung Foundation

4 RESPIRA, Portugal

5Faculty of medicine, Department of training science and education, EA7505 EES, University of Tours, Tours France

6 The Primary Care Respiratory Society

7 Department of Respiratory Sciences, University of Leicester, Leicester, UK

References

1. Newham, James J et al. “Features of self-management interventions for people with COPD associated with improved health-related quality of life and reduced emergency department visits: a systematic review and meta-analysis.” *International journal of chronic obstructive pulmonary disease* vol. 12 1705-1720. 8 Jun. 2017, doi:10.2147/COPD.S133317

2. Stellefson, Michael L et al. “Web-based Health Information Seeking and eHealth Literacy among Patients Living with Chronic Obstructive Pulmonary Disease (COPD).” *Health communication* vol. 33,12 (2018): 1410-1424. doi:10.1080/10410236.2017.1353868

**Funding statement**

The charity International Primary Care Respiratory Group (IPCRG) commissioned this work from Teesside University and convened the Steering Group. IPCRG has received an educational grant from Boehringer Ingelheim to enable this. Boehringer Ingelheim is not involved in the Steering Group or search process.