Abstract title: Curating audio-visual self-management digital resources for people with Chronic Obstructive Pulmonary Disease (COPD): A novel process report

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Introduction: The ability to self-manage breathing and improve physical activity is beneficial in living well with COPD.1 People increasingly access online information to manage conditions. Locating evidence-based self-management information from reliable sources may be difficult for people with COPD.2

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 steering committee ((SC) a multidisciplinary European team: ELF patient representative, experienced healthcare professionals, researchers, 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 open access lay content.

Resource selection: A sample of 6 results for each search term was provided to SC 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. Representation of diversity informed final selection; this was limited by the availability of highly ranked resources.  Magazine text was co-created through SC debate and collaboration using Google Docs and reviewed by people with COPD for readability. Motivational images with consent to publish were selected from the IPCRG's international network (table 1, examples 1 & 2)

Conclusions: We 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 Breathe Well, Move More, Live Better www.ipcrg.org/copdmagazine

References

1. Newham, JJ et al. doi:10.2147/COPD.S133317

2. Stellefson, ML et al. doi:10.1080/10410236.2017.1353868

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Patient centred care & supported self-management

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