

Recognition of pulmonary exacerbations in adult patients with CF : REAGIR, an educational process to overcome barriers

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Background

- PEx are the main cause of lung function worsening
- Early recognition of PEx should improve the management of the disease
- In the course of the French QIP PHARE-M the need for improving PEx diagnosis among the adult patients appeared critical
- The variety of adult patients ways of life and health status led to consider that early PEx diagnosis primarily requires therapeutic patient education and personalized action plans

Objective

Design an educational process to 1) achieve a shared vision of PEX signs between an adult patient and the CF team and 2) negotiate an action plan to increase self-efficacy and overcome barriers

Discussion

Patient education on PEX management is aimed at the development of perceived self-efficacy working on barriers to treatment, motivation, and a graduate action plan.

Conclusion

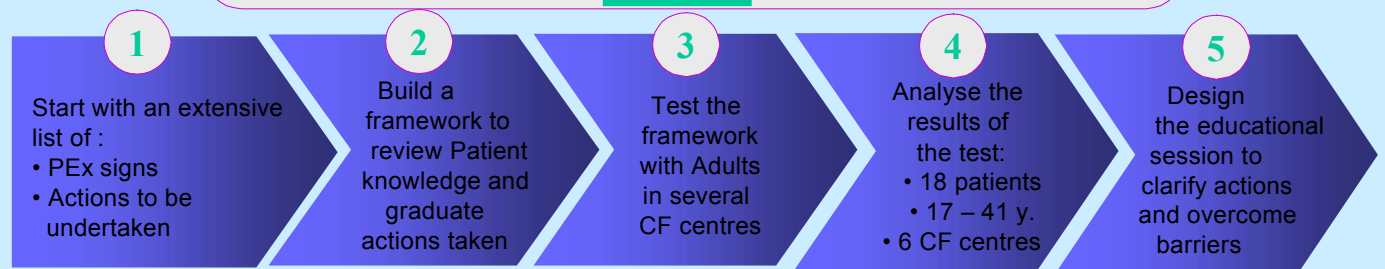
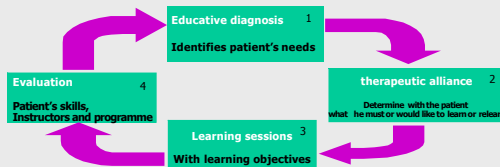
The impact of this complex intervention would have to be evaluated



A National multidisciplinary group in charge of Therapeutic Patient Education

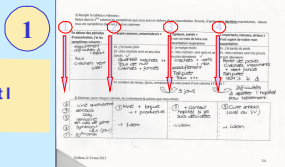


French approach of Therapeutic Patient Education



Knowledge of signs and actions to undertake is good, but...

- « I am afraid of ATB resistance »
- « I am the one who should react but I am tired, depressed, demotivated... I let it go »
- « I have no energy »
- « I call the CF centre when I have decided to... CF is not driving my life »
- « I don't want to see that I need IV cure more often, my FEV1 has dropped... »
- « I don't want / I can't miss my work, I have exams... »



Follow-up the Action plan during ETP sessions

- Study : face new problems
- Adjust actions
- Don't let it go... !

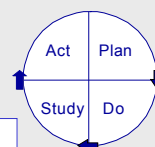
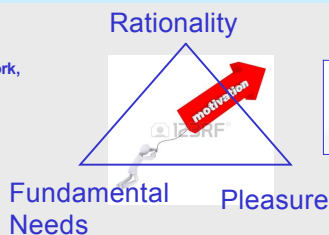
An educational process between the physician and the patient in order to :

- 1 Review **current treatment and health status** and identify with the patient their PEX signs and actions undertaken
- 2 Discuss about **barriers/feelings** and how to overcome them - if necessary, refer to psychologist or social worker
- 3 **Classify – Organize** PEX signs and actions according to severity
- 4 Agree **new actions to try next time a Pex occurs** to improve health taking in account the context
- 5 Identify a **project in the patient life** that would benefit from this improvement of care

Propose means to improve health status at baseline: **rehabilitation stay / physical activity coaching**

Follow-up the next PEX resolution :

- actions really undertaken
- study reasons and effects
- adjust with the Patient his action plan
- don't let it go !



Plan new actions to test next time a PEX occurs

Help the Patient analyse actions against PEX signs

Motivation and self-efficacy may be raised through :

- A dedicated time with the Physician to review the Patient knowledge, skills, feelings and barriers
- In a reflexive and positive listening attitude, taking in account efforts and results already achieved
- And setting up a graduate and feasible action plan for the next episode of PEX