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

Authors: David V1*, Pougeon Bertrand D2, Vion V3, Scalbert M4, Dury S5, Jollivet D6
1 CF Centre Nantes, 2 Paris 13 University EA3412, 3 CF Centre Grenoble, 4 CF Centre Dunkerque, 5 CF Centre Reims, 6 CF Vannes-Lorient

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

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:
- Review current treatment and health status and identify with the patient their PEx signs and actions undertaken
- Discuss about barriers/feelings and how to overcome them - if necessary, refer to psychologist or social worker
- Classify – Organize PEx signs and actions according to severity
- Agree new actions to try next a PEx occurs to improve health taking in account the context
- 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!

* Corresponding Author: vdavid@chu-nantes.fr