

## Self-management effective for chronic obstructive pulmonary disease

<b>Clinical question</b>	Do self-management interventions in chronic obstructive pulmonary disease (COPD) lead to improved health outcomes and/or reduced healthcare utilisation?
<b>Bottom line</b>	Self-management interventions in patients with COPD were associated with improved health-related quality of life as measured by the St George's Respiratory Questionnaire, a reduction in respiratory-related hospital admissions and improvement in dyspnoea as measured by the modified Medical Research Council Scale. Over 1 year of follow-up, the NNT* to prevent respiratory-related hospital admissions ranged from 8 (high baseline risk) to 20 (low baseline risk). No statistically significant differences were found in other outcome parameters (all-cause hospitalisation, mortality, exercise capacity). <i>*NNT = number needed to treat to benefit 1 individual</i>
<b>Caveat</b>	It was not possible to pool head-to-head trials because of heterogeneity among interventions, study populations, follow-up time and outcome measures. Hospital-based and rehabilitation centre-based rehabilitation programmes were excluded because self-management often is only a minor part of these very intensive programmes.
<b>Context</b>	Self-management interventions help patients with COPD acquire and practise the skills they need to carry out disease-specific medical regimens, guide changes in health behaviour and provide emotional support to enable patients to control their disease.
<b>Cochrane Systematic Review</b>	Zwerink M et al. Self management for patients with chronic obstructive pulmonary disease. Cochrane Reviews, 2014, Issue 3. Art. No.: CD002990.DOI: 10.1002/14651858. CD002990.pub3. This review contains 29 studies involving 3688 participants.
Pearls No. 446, October 2014, written by Brian R McAvoy	

[References]

PEARLS are succinct summaries of Cochrane Systematic Reviews for primary care practitioners. They are funded by the New Zealand Guidelines Group.

PEARLS provide guidance on whether a treatment is effective or ineffective. PEARLS are prepared as an educational resource and do not replace clinician judgement in the management of individual cases.

The PEARLS can be used free of charge for research or teaching. No commercial use is allowed.

View PEARLS online at:

- [www.cochraneprimarycare.org](http://www.cochraneprimarycare.org)