

MYCOPD - PROJECT UPDATE

The Panel considered a report by the General Manager – Primary Care and Community Services (copies of which had been circulated) which provided an overview of the myCOPD project.

Marjorie Brisbane and Douglas McGowan (NHS Lothian) spoke to the report. MyCOPD was a user-friendly intuitive online application for patients suffering from COPD, which was one of the most common respiratory diseases in the UK. There was no cure for COPD and good symptom management was essential to stabilise the condition to prevent flare-ups or exacerbations.

MyCOPD empowered patients to self-manage their condition and provided 24/7 advice and support. The app was created by clinicians and was available to patients using internet-enabled devices such as computers, smartphones and tablets. It was a low-cost option at £20 per licence and an annual £5 fee.

An initial project was undertaken, funded by the West Lothian Technology Enabled Care Board, to introduce and test myCOPD with 200 patients to establish its effectiveness in improving outcomes for those with COPD. The initial project was successful with most patients stating that it was easy to use and that they were more confident about looking after their COPD and that their symptoms were controlled.

Following the positive initial results, the West Lothian Health and Social Care Partnership had agreed to scale up the project and procure a further 1000 licences for patients.

The Panel discussed the causes of COPD and noted the response that smoking was the most common cause. Members were then advised that the low cost of myCOPD meant it was more cost-effective than other treatments at GP practices and hospitals.

While the patients who had taken part in the initial project had positive results, it was also noted that for some patients, an online-based treatment would not be the best option and decisions on the suitability of myCOPD for patients were made on an individual basis.

The Panel was recommended to note the progress made with regards to the myCOPD project.

Decision

To note the terms of the report.