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Conference abstract

Telerehabilitation for COPD patients across sectors: a randomised study

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Abstract

Introduction: The aim of the TELEKAT project ('Telehomecare, chronic patients and the integrated healthcare system') is to develop and test a preventive home monitoring concept across sectors, enabling patients with chronic obstructive pulmonary disease (COPD) to avoid readmission to hospital and perform self-monitoring and to maintain rehabilitation activities in their homes. COPD patients with severe and very severe COPD are included in the study.

Theory: Inter-organisational theory and learning theory.

Methods: The case study approach was applied in a randomised study (n=111). The data included documentary materials, participant-observation (163 hours), qualitative interviews with healthcare professionals (n=41) and COPD patients (n=64).

Results and conclusions: Providing preventive telerehabilitation for patients with COPD is a cross-disciplinary effort involving various professionals. In the view of both COPD patients and healthcare professionals (GP, district nurses, healthcare professionals from health-care center and hospital), telerehabilitation helps patients to become more aware of development of their own symptoms; to contact the GP

early on in order to start treatment plans; avoid admission to hospitals; integrate and maintain changes of lifestyle in their everyday life; and adds a feeling of security to patients with a very severe COPD. Healthcare professionals have adapted new approaches for empowering COPD patients and a more integrated collaboration across sectors.

Keywords

telerehabilitation, COPD patients, preventive integrated care
