

VOLUME 44 / SUPPLEMENT 58 / SEPTEMBER 2014

EUROPEAN RESPIRATORY *journal*

OFFICIAL SCIENTIFIC JOURNAL OF THE ERS

Abstracts / *24th International Congress*
Munich, Germany 6 –10 September 2014

Online ISSN: 1399-3003



ERS EUROPEAN
RESPIRATORY
SOCIETY

every breath counts

Copyright for individual abstracts remains with the authors.

This abstract supplement has been produced electronically by the European Respiratory Society. The European Respiratory Society is not responsible for errors or omissions in content. The ideas and opinions expressed in this publication do not necessarily reflect those of Coe-Truman and the European Respiratory Society. Products mentioned in this publication should not be construed as an endorsement of the product or the manufacturer's claims. Readers are encouraged to contact the manufacturer with any questions about the features or limitations of the products mentioned. The European Respiratory Society assumes no responsibility for any injury and/or damage to persons or property arising out of or related to any use of the material contained in these abstracts. The reader is advised to check the appropriate medical literature and the product information currently provided by the manufacturer of each drug to be administered to verify the dosage, the method and duration of administration, or contraindications. It is the responsibility of the treating physician or other health care professional, relying on independent experience and knowledge of the patient, to determine drug dosages and the best treatment for the patient. An effort has been made to check generic and trade names, and to verify drug doses. The ultimate responsibility, however, lies with the prescribing physician. Please convey any errors to scientific@ersnet.org.

Citations should be made in the following way: **Authors. Title. Eur Respir J 2014; 44: Suppl. 58, abstract number.**



Table Of Content

503. How to best educate students, colleagues and patients: the most recent advances in respiratory medical education

.....	2
4825: Online Asthma/COPD self-management diaries: A qualitative study into patient and professional experiences with persistent users and quitters	
.....	2



503. How to best educate students, colleagues and patients: the most recent advances in respiratory medical education

4825

Online Asthma/COPD self-management diaries: A qualitative study into patient and professional experiences with persistent users and quitters

Johannes In 't Veen¹, Valerie van Kruijssen², AnneLoes van Staa^{2,3}, Jolanda Dwarswaard³, Bianka Mennema-Vastenhout⁴, Samantha Adams²
¹Pulmonology, Sint Franciscus Gasthuis, Rotterdam, Netherlands; ²Institute of Health Policy & Management, Erasmus University Rotterdam, Rotterdam, Netherlands; ³Centre of Expertise Innovations in Care, Erasmus University Rotterdam, Rotterdam, Netherlands; ⁴Pulmonology, Harbour Hospital, Rotterdam, Netherlands

Background: Online self-management diaries are used to develop patients self-management skills and facilitate associated behavioral changes. Although web-based diaries are widely used, little is known about experiences and reasons for (discontinuation) of use of these programs. **Methods:** Semi-structured interviews (n=30) were conducted with patients and professionals to describe reasons for use or discontinuation of use of self-management diaries (myasthmaonline and mycopdonline, www.curavista.nl) for asthma and Chronic Obstructive Pulmonary Disease (COPD) in two teaching hospitals in Rotterdam, the Netherlands. **Results:** Patients used diaries to: improve their insight, cope more consciously, feel in control, and discuss diary outcomes with their health care professionals. Only 2 patients indicated using the diary to cope more effectively by early recognition and self-treatment of an exacerbation. Both professionals and patients experienced practical barriers in integrating the use of self-management diaries in daily practice. **Conclusion:** Suggestions to improve online self-management diaries are: include a web video consult, enable data communication with Hospital Information Systems and apps, improve the user friendliness, provide open space to write down patients comments, include environmental factors and start the self-management diary together with the professional. Health care professionals could play a (larger) role in helping patients get started by collaboratively developing an individual treatment plan and for exacerbation management. If these suggestions are adopted, usage and efficacy of self-management diaries may be improved.