

Final visit

You will be asked to return to the clinic and asked further questions about your health and any changes in your medications. You will be asked to return all of your study equipment to the study nurse at this visit.

If you are assigned to the control group, you will only need to visit the study nurse once.

During the study visit, the study nurse will:

- provide you with inhaler technique training
- ask you questions about your medical history
- ask you to complete a short questionnaire

6 and 12 months from study start

At 6/12 months in to the study, you will be sent a paper questionnaire, or an email requesting you to complete a questionnaire on a computer. The paper questionnaire will only be available to control patients. This is the same questionnaire you completed at your first visit to the study nurse.

What should I do now?

If you are interested in taking part or are interested in learning more about this research study, please contact the study research nurses, using the details below.

You may also wish to speak to your GP to discuss this research study.

Study Research nurse contact details:

Name: _____

Telephone: _____

Thank you for considering participating in the Me&MyCOPD Study.

Me&MyCOPD

*Investigating a new approach
to COPD management*

Patient Information

**Do you have Chronic Obstructive
Pulmonary Disease (COPD)?**

If the answer is yes, you may be eligible to take part in an exciting research study investigating a new tool.

This may help you to detect your COPD symptoms earlier and help you to better manage your condition.

What is the Me&MyCOPD Study?

This study will compare 2 groups of patients; an active group of patients and a control group of patients.

If you are assigned to the active group, you will be asked to complete daily questions about your health using a mobile phone. A device will be fitted to your reliever inhaler which records the number of puffs of medication you take each day. Together this information helps to build a picture of your overall wellbeing and based on this, personalised messages will be sent to you via your study phone, giving you advice on how you can better manage your COPD symptoms. You will also receive inhaler technique training from the study nurses.

You will be involved in this study for a period of 12 months. It is important to note that there are no drugs being tested in this research study.

If you are assigned to the control group, you will continue to receive current best practice from your own doctor, receive inhaler technique training and as part of the study, will be asked to answer questions relating to your health at the beginning of the study and at 6 and 12 months into the study.

What is the purpose of the study?

The aim of the study is to investigate whether providing COPD patients, like you, with an electronic self management tool will help reduce the number of times that you need to go to hospital if you have an exacerbation of your COPD symptoms.

Can I take part in the Me&MyCOPD Study?

You may be able to take part if you:

- Have had an exacerbation within the last 12 months
- Have had more than 12 reliever inhalers in the last 12 months
- Have a self management plan
- Are currently using maintenance and reliever inhalers
- Are an ex or current smoker

What will taking part in the study involve?

If you are enrolled into the active group, you will have up to three visits to your GP surgery. During the first visit, the study nurse will talk through the study with you and if you are eligible, you will be asked to sign a consent form.

During this visit you will be:

- given inhaler technique training
- asked questions about your medical history
- asked to complete a short questionnaire
- shown how to use the mobile phone and inhaler device
- asked to record your daily diary and inhaler use for the next 14 days

The second visit may involve a telephone call or a visit to the GP surgery. At this point, you will be informed whether you can take part in the study.

6 and 12 months from study start

At 6/12 months in to the study, you will be sent a paper questionnaire, or an email requesting you to complete a questionnaire on a computer. The paper questionnaire will only be available to control patients. This is the same questionnaire you completed at your first visit to the study nurse.