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Self-help group of COPD patients in regional center for respiratory disease of YU Hospital in Daegu, South Korea**Misook Lee¹, Kwan Ho Lee^{1,2}, Jin Hong Chung^{1,2}, Kyeong-Cheol Shin^{1,2}, Eun Young Choi^{1,2}, Hyun Jung Jin^{1,2}, Kyeong-Soo Lee^{1,2}, Tae-Yoon Hwang^{1,2}, Eunjung Kim¹, Yeongju Kim¹, Hyejin Nam¹ and Dayoung Park¹**¹Yeungnam University Hospital, Daegu, Republic of Korea²Yeungnam University, Daegu, Republic of Korea

Statement of the Problem: Chronic Obstructive Pulmonary Disease (COPD) in Korea has a very low inhalation compliance rate of less than 20%. However, there are not many examples of patients' self-help groups in hospitals in Korea. In order to prevent the management and deterioration of COPD, it is very important to improve compliance, and self-help groups are a good way to improve compliance and self-management.

Methodology & Theoretical Orientation: Regional Respiratory Disease Center of Yeungnam University Hospital operated small self-help group for patients who wanted to participate. We conducted a preliminary questionnaire analysis on patients enrolled in self-help groups and ate lunch together for icebreaking. Self-help groups held quarterly provided COPD education, introduction of personal experiences and respiratory rehabilitation training. Each time a self-help group is held, we evaluate satisfaction rate and patient's needs through surveys and reflects patients' opinions.

Findings: The COPD self-help group was held three times in 2016. Of the 11 registered COPD patients, seven were present at all three sessions without dropping out. Satisfaction with the self-help group was 3.3-3.6 out of 4 points. A handwritten presentation was held to share patient experiences. There was no significant change in satisfaction, self-efficacy, and depression scores.

Conclusion & Significance: In this study, there was no significant change in satisfaction, self-efficacy and depression scores. The reason for this was that the patients who participated in the self-help group were well-compliant and self-managed. In the future, it may be necessary to involve patients who have low compliance or poor self-management in the program.

Biography

Misook Lee is the Head of the Patient Education Support Team at the Regional Center for Respiratory Disease at Yeungnam University Hospital. She is an RN and has a Master's in Public Health. She has more than 30 years of clinical experience and expertise in Patient Education and Counseling. Currently, she is the Administrative Officer of the Regional Center for Respiratory Disease and is responsible for educational counseling for patients.

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