Maintenance Bundle of Chronic Obstructive Pulmonary Disease (COPD) in Primary Care

Erica Bristol
Johns Hopkins University
NR.210.889 Project Evaluation and Dissemination

Dr Mojgan Azadi
April 9, 2023
Abstract

Background and purpose:
Maintenance of chronic illnesses in the primary care setting can be difficult and arduous due to the complexity of the illness or condition and the progression of guidelines from multiple organizations. The purpose of this project was to determine if bundling care for patients with chronic obstructive pulmonary disease (COPD) using the Global Initiative for Chronic Pulmonary Disease (GOLD) guidelines can improve adherence to the management and maintenance of COPD within the primary care setting by nurse practitioners (NPs).

Methods:
The project consisted of convenience retrospective review of 67 COPD charts that captured the occurrence of key elements for COPD maintenance during an annual visit. An independent t-test was conducted with the 68 convenience retrospective review of charts after a learning session and implementation of a bundled tool. A learning session that reviewed COPD maintenance according to GOLD standards was provided to a convenience sample of 11 NPs and a paired t-test, along with a Wilcoxon signed rank analysis, was completed of both the pre- and post-test.

Results:
The results were statistically significant (p < .001) for the capture of COPD key elements after implementation of education and tool. Additionally, education was statistically significant (p = .023) for total knowledge and practice. The highest area of improvement in the tests was within practice change of COPD maintenance (p=.013).

Conclusions:
This project was able to successfully determine that a bundled care tool in the primary care setting can be successful in application to COPD maintenance. Further, the test scores imply that
NPs are knowledgeable about COPD and correctly managing the condition, however, implementing that knowledge into practice was difficult and improved after the education was performed.

Implications:

Bundled care is common and readily used in the acute care setting, however, use of bundled care in the primary care setting is not routinely implemented or researched. Further development of bundled maintenance tools can be used for multiple chronic illnesses and conditions and aide in better control and management.

*Keywords*: bundled care, bundled maintenance, COPD, primary care, chronic illnesses, chronic conditions.
Maintenance Bundle of Chronic Obstructive Pulmonary Disease (COPD) in Primary Care