

CONNECT Example Social Media and Blog Post Using the COPD and Pneumonia Study

Tweets:

1. DYK #Pneumonia is 6-8 times more common in ppl with #COPD? @COPDFoundation's #CAPStudy showed pneumonia meant about 4 wks of missed work or 5 wks of not being able to do usual activities. Want to know more? Visit <http://bit.ly/34oW6Xi>
2. DYK compared to people without #COPD, those with COPD and #pneumonia had more symptoms which lasted longer, missed about twice as much work and required more than twice as long to return to usual activities. @COPDFoundation #CAPStudy #pneumoniashots matter. Visit <http://bit.ly/34oW6Xi>
3. The #pneumoniashots, avoiding tobacco smoke, good hand washing practices and avoiding people with acute respiratory infections can also help prevent pneumonia. If you have #COPD these are rules to live by. @COPDFoundation Visit <http://bit.ly/34oW6Xi>

Facebook posts:

1. Did you know #Pneumonia is 6-8 times more common in people with #COPD? Our #CAPStudy showed when people with COPD got pneumonia, they missed about 4 weeks of work or it took about 5 weeks of not being able to do usual activities. Ask your doctor about the pneumonia shots to help reduce your risk! Want to know more? Visit <http://bit.ly/34oW6Xi>
2. Compared to people without #COPD, those with COPD and pneumonia had more symptoms which lasted longer, missed about twice as much work and required more than twice as long to return

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to usual activities. Pneumonia shots matter! Learn more about our CAP Study results at <http://bit.ly/34oW6Xi>

3. Did you know the #pneumonia shots, avoiding tobacco smoke, good hand washing practices and avoiding people with acute respiratory infections can also help prevent pneumonia? If you have #COPD these are rules to live by. Learn more at <http://bit.ly/34oW6Xi>
4. This Immunization Awareness Month commit to asking your doctor about what vaccines are important for people with COPD. Our CAP Study showed why reducing your risk for pneumonia by getting your yearly flu shot and both pneumonia shots is so important.

While the flu shots are recommended for everyone every year, you and your health care professional may need to discuss when to get the pneumonia shots. They are only routinely suggested for people over 65 but can be very important for those at high risk of pneumonia such as people with COPD. Visit <http://bit.ly/34oW6Xi> to learn more.

5. #Research Matters! Pneumonia is 6 to 8 times more common among people with COPD than those without lung disease, yet little has been studied about ways that pneumonia affects the lives, and daily activities of those with pneumonia and COPD.

Our CAP Study showed compared to people without #COPD, those with COPD and pneumonia had more symptoms which lasted longer, missed about twice as much work and required more than

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twice as long to return to usual activities. Learn more at <http://bit.ly/34oW6Xi>.

Blog Post:

How often have you been scrolling on COPD360social and read someone's post stating they are being treated for pneumonia or they recently had a hospital stay due to pneumonia? Pretty often, right?

Well, did you know that people with COPD are 6 to 8 times more likely to get pneumonia than those who do not have COPD? You would think that with this high risk, there would be multiple studies on the way pneumonia affects the lives and daily activities of those with pneumonia and COPD – but that is not the case.

That is why we led the COPD and Pneumonia Study in 2017. For this study, people who were already enrolled in the COPD Patient-Powered Research Network were asked if they had been diagnosed with pneumonia within the previous 4 weeks. If they said yes, then they were offered a chance to be part of the study which required that they provide information about their pneumonia, its symptoms, and its impact of their ability to do work or other usual activities. They answered questions at the start of the study and again 30 days later. The study only observed what happened to the patients without giving any treatment or medical advice---an observational study.

So, what did the study find?

- 481 people completed the study. They were on average 55 years old and many were still working full or part time.

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- Almost all had the common symptoms of pneumonia including cough and shortness of breath and nearly 3 out of 4 reported fatigue, trouble sleeping, and headaches.
- On average the fatigue, shortness of breath and cough lasted more than a month with headaches and fever going away after about 2 weeks.
- Those who were working missed about 4 weeks of work and those not working said they could not do their usual activities for about 5 weeks.
- Over 84% of those with pneumonia and COPD required help from family, friends or caregivers for a week or longer.
- Compared to people without COPD, those with COPD and pneumonia had more symptoms which lasted longer, missed about twice as much work and required more than twice as long to return to usual activities.

The study showed us that pneumonia negatively impacts the lives of people with COPD and likely creates added burden for caregivers. So how do you keep from getting community acquired pneumonia? There are two very important measures to help prevent pneumonia:

- get your yearly influenza or flu shot
- get both pneumococcal immunizations, often call pneumonia shots.

Since pneumonia is a potentially preventable infection, it is important to understand its impact in those with COPD to guide recommendations for preventive measures such as influenza and pneumococcal immunizations and avoidance of exposure to those with acute respiratory infections.

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Are you interested in being able to participate in research studies like this one that provide valuable information to inform COPD care, policies and future research topics? If so, click on the Research tab at the top of the page, and then select COPD Patient-Powered Research Network to learn more.