

COPD Foundation Pulmonary Education Program (PEP) 2012-2015

EXECUTIVE SUMMARY

Pulmonary rehabilitation is an essential component of successful medical therapy for individuals with COPD. Rehabilitation programs improve quality of life for patients and reduce health care utilization. The initial challenge is to enroll patients in these programs. The larger challenge is to KEEP patients engaged long-term and motivate them to permanently change their behavior.

That's the goal of the **COPD Foundation's Pulmonary Education Program (PEP)**.

PEP is designed to help select pulmonary rehabilitation centers nationwide offer an exceptional experience to individuals with COPD by:

- Providing disease-specific patient education materials to patients, free of charge
- Supporting staff members at PEP Centers across the country with ongoing training and professional development
- Providing personalized health management strategies and long-term support within the COPD community through the PEP *On Track with COPD Ongoing Health Management* program
- Providing enrolled individuals, their caregivers and their healthcare providers with a variety of COPD educational resources, free of charge

PEP was conceived following a COPD Foundation focus group of pulmonary rehabilitation healthcare professionals.

Since its inception in 2012, PEP has enrolled hundreds of pulmonary rehabilitation centers and thousands of patients across the country. The original PEP goal of enrolling 250 pulmonary rehab centers was accomplished ahead of schedule and by the end of 2014, 256 pulmonary rehabilitation centers from 44 states had enrolled in the PEP program. In addition, 7,636 "Welcome Kits" and 6,201 "Graduation Kits" had been distributed to PEP pulmonary rehabilitation centers. At the end of 2014, PEP Coordinators reported that 3,468 patients had graduated from PEP pulmonary rehabilitation programs.

PEP On Track

An integral part of PEP is the ***On Track with COPD Ongoing Health Management* program**, which provides patients with personalized education and social support via telephone following graduation from pulmonary rehab. PEP *On Track* encourages individuals to embrace self-management of their disease and remain engaged with the COPD community, long term.

PEP On Track is optional, confidential and effective.

The PEP *On Track* program begins where traditional pulmonary rehabilitation leaves off —by offering a unique approach to helping patients develop long-term, personalized health management skills. The optional PEP *On Track* program does this with a series of 24 monthly phone calls from highly trained COPD peer coaches. The core tools employed by the PEP *On Track* program are education, motivation and community engagement—all implemented as part of a carefully designed curriculum.

PEP: A Powerful Tool

Through PEP, the COPD Foundation has multiple affiliates across the country to promote its core message: “To prevent and cure COPD and to improve the lives of all people affected by COPD.” With its accredited educational webinars and community workshops, PEP offers a powerful tool for increasing awareness of this mission within the COPD community and beyond.

The **Pulmonary Education Program** is off to a fast start - showing solid results and rapid expansion. The demand for high-quality patient educational materials and professional, long-term support continues to grow. Our goal in 2016 and beyond is to meet that demand with our innovative PEP and PEP *On Track* programs.

“ This is a unique program. In traditional pulmonary rehabilitation programs people finish the initial program and drop off a cliff. We’re different. Patients get free educational materials and after they finish pulmonary rehab, they sign up for our On Track program to receive one-on-one support to ensure long-term behavior modification. That’s unique. ”

- John Walsh
President and Co-Founder, COPD Foundation