



CIRCLES

PROJECT

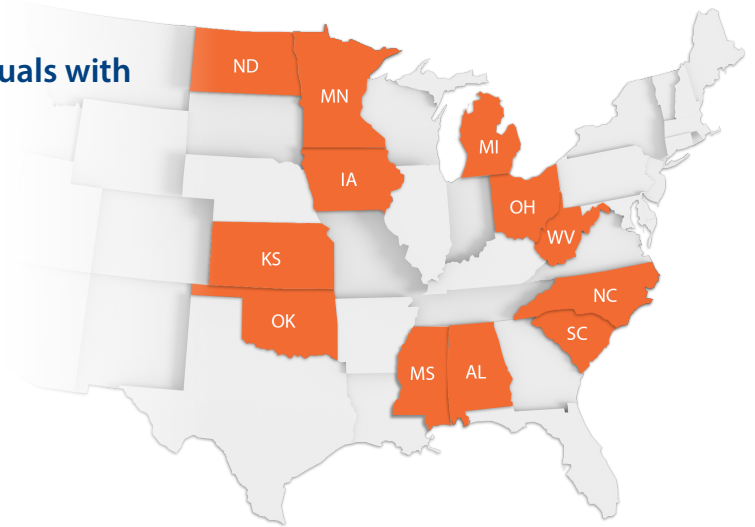
Clinicians
Improving the
Rural
COPD
Landscape through
Education in
Self-care

The goals of **CIRCLES II** were to improve COPD self-management and encourage and facilitate effective communication between the patient and their health care team.

RECRUITMENT

CIRCLES II Participation Included 400 Individuals with COPD Across 12 States

- Alabama
- Indiana
- Kansas
- Michigan (5)
- Minnesota (2)
- Mississippi
- North Carolina (3)
- North Dakota
- Ohio
- Oklahoma
- South Carolina
- West Virginia (2)



AFTER PARTICIPATING IN CIRCLES:

Nearly **80%** of the providers reported an **↑** increase in the frequency and quality of patient interactions and education.

95% of the participants reported an improvement in communication with their health care team.

96% of the participants reported an **↑** increased confidence in their COPD self-management.

HERE'S WHAT THE PROVIDERS SAID ABOUT CIRCLES:

“ Thank you for providing this program for us. Our rural patients really appreciated it. The book was very helpful for family members helping to support and care for them. ”

“ Family members seemed happy to have the book as a reference. It does help initiate conversation. ”

“ CIRCLES is a great complement to our pulmonary rehab program and home COPD Education program. I would love it if it could continue! ”

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