



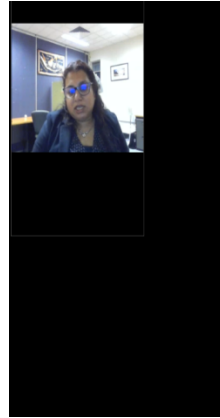
## ALUMNI ASSOCIATION OF SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH

### FACULTY OF PHYSIOTHERAPY

#### WEBINAR - “SELF MANAGEMENT OF COPD IN THE CONTEXT OF MULTIMORBIDITY”

Sri Ramachandra Faculty of physiotherapy jointly with Alumni Association (physiotherapy chapter) organized a webinar titled “**SELF MANAGEMENT of COPD IN THE CONTEXT OF MULTIMORBIDITY**” on 04.03.2022. **Dr.ssSAMEERA ANSARI** our alumni, belonging to 2000 - 01 batch of BPT, 2004-2005 batch of MPT was the resource faculty. Sameera has over 16 years of experience in health care as a physiotherapist, academic, applied research scientist and project manager with a passion for chronic disease prevention and management, as well as advancing health services and health systems. Her PhD in Public Health comprised development, implementation and mixed-method evaluation of a global-first, self-management program for COPD in the context of multi-morbidity in Australian primary care. Sameera has authored peer-reviewed articles in Q1 scientific journals, research reports, and policy documents, presented at prestigious national and international conferences, and attracted competitive research funding from various organizations such as the Australian National Health and Medical Research Council, GlaxoSmithKline Australia and the World Health Organization.

The webinar was held on 04<sup>th</sup> March 2022 between 2 - 4 pm; around 145 participants from various institutes of south India and across the globe attended the program. Prof. N.Venkatesh, Professor in Physiotherapy welcomed the participants and introduced the resource faculty. Dr.Sameera spoke about the tailored, self-management education programme that led to improvement in patients’ self-efficacy in terms of their COPD and overall health behavior and the significant increase in patient activation, COPD knowledge, COPD-related quality of life and inhaler device technique. Following her inspiring and highly informative talk an interactive session was conducted, moderated by Dr.T.Senthilkumar where the questions from the participants were addressed. Dr.T.Senthilkumar, Associate Professor proposed the vote of thanks. The program ended at 4pm.

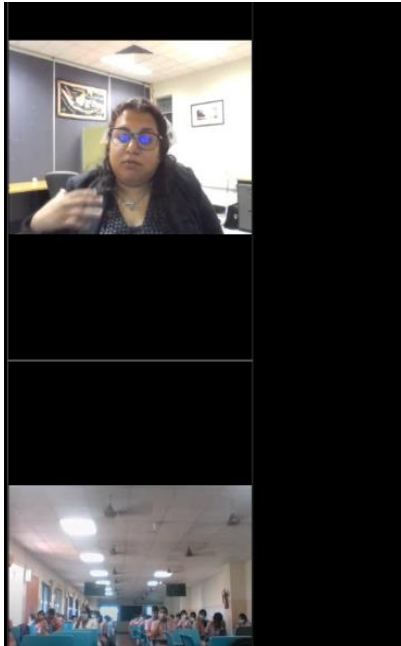


## Endpoints of the APCOM pilot study

Measured at baseline and 6-month follow-up:

- Patient Activation Measure (PAM 13) **Primary outcome**
- COPD Knowledge Questionnaire (COPD-Q)
- COPD Assessment Test (CAT)
- Multimorbidity Illness Perceptions Scale (MULTIPlE5)
- COPD-specific version of MULTIPlE5
- Accuracy of inhaler device technique

## Dr. Sameera delivering her lecture



## Stages of patient activation

- **Stage 1 (0 to  $\leq 47$ )** where the patient does not yet believe that playing a role in their own healthcare is vital.
- **Stage 2 (47.1 to 55.1)** where patients have the knowledge and skills to take necessary actions towards their health behaviour, but lack the facts or do not have an adequate understanding of the facts necessary to attain the behaviour.
- **Stage 3 (55.2 to 67)** where the patient is taking action towards their own health but does not have sufficient confidence and/or skills to adopt new behaviours.
- **Stage 4 ( $\geq 67.1$ )** where patients are able to adopt new health behaviour(s) but need encouragement to uphold the behaviour when under stress.

## In house participants attending the webinar