“Exploring the lived experience of individuals with COPD in PEI”

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Hailey Arsenault
Overview of Presentation

1. COPD Overview
2. Pulmonary Rehab. Program Overview
3. Overview of Methodology
   - Qualitative Description Design
   - Convenience Sample
   - Role of Health PEI
   - Photovoice, Interviews
4. Preliminary Results
5. Importance of Research
6. Ending Remarks
OVERVIEWS
- Chronic disease
  - Includes emphysema and bronchitis
- Affects the lungs
- Symptoms impact daily life functioning
  - Coughing, wheezing, difficulty breathing, mucous production
- No cure, but can be treated

- Population in PEI (and Canada) is aging – leading to increased risk of chronic disease
- 1 in 3 Islanders (over the age of 12) have a chronic condition
- Estimated that 1 in 10 Islanders over 35 have COPD
- Extremely challenging to receive treatment
Pulmonary Rehabilitation Program

- Locations: Summerside and Charlottetown
  - 12 week program
  - 2 hour sessions
    - Education
    - Exercise
DESCRIPTION OF METHODS
Research Question
What is the lived experience of people with COPD in Prince Edward Island, who have attended the 12 week Pulmonary Rehabilitation program?
Answering the Research Question

**Photovoice**
Ask participants to begin data collection process by taking 2 photos (before and after) that symbolize their lived experiences before and after being enrolled in the COPD treatment program.

**Questionnaire**
Collect demographic information and to introduce the topic(s) to participants.

**Interviewing**
Each participant is interviewed for 1-2 hours regarding their COPD diagnosis, their experience with the program (before, during and after), their mental/social/physical state, and what additional supports they may need.
Demographic Information

9 participants
(4 with photovoice)

Average age: 71.1 years
(55-83 years old)

5 males, 4 females

Average age of diagnosis: 62.2 years old

Average age when starting program: 70.3 years old

Average Interview Length:
82 minutes (1 hr. 22 mins)
*54 to 120 mins

Education (Completed):
1 – grade school
5 – high school
2 – college
1 - undergraduate
PRELIMINARY RESULTS
Questionnaire Results

Do you feel that the program helped….

To improve your physical health?
100% YES

To improve your mental health?
89% YES
11% SOMEWHAT

To enhance your life?
67% YES
11% SOMEWHAT
11% NO
Photovoice Example: “Susan”

Afraid

“Pity Train”

Trapped

Rock = support

Freedom

Setting Goals

Strength

Maintenance

Able
Themes

Lived Experiences

- Medications (costs, access)
- Mental health (anxiety, depression)
- Social health (affecting relationships, friendships)
- Financial (costly, tough decisions)
- Physical health (flare ups, symptoms)
- Smoking

Pulmonary Rehabilitation Program

- Strengths (exercise program, employees)
- Barriers (too much emphasis on nutrition, no after program or follow up)
- Future Aspirations (maintenance of progress, creation of alumni or follow up program)
Importance

• Inform and improve policy and decision making
  • *Example: Smoking Cessation program*
• Provide the “real” stories of those with COPD
• Understand more about the Pulmonary Rehabilitation program
THANK YOU!

Hailey Arsenault
hmarsenault@upei.ca
902-566-0976