

# Educational intervention to improve the treatment adherence in patients with chronic obstructive pulmonary disease (COPD)

<b>Submission date</b> 23/03/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 28/04/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 13/02/2015	<b>Condition category</b> Respiratory	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Francisca Leiva Fernández

**Contact details**  
Unidad Docente Medicina Familiar y Comunitaria  
Distrito Sanitario Málaga  
Plaza Hospital Civil s/n Pabellón 6 2ª planta  
Málaga  
Spain  
29009  
+34 951 29 03 10  
francisca.leiva.sspa@juntadeandalucia.es

## Additional identifiers

**Protocol serial number**  
EC07/90654

## Study information

Scientific Title

Efficacy and safety of a multifactorial intervention to improve treatment adherence in patients with chronic obstructive pulmonary disease (COPD)

## **Acronym**

ICEPOC

## **Study objectives**

A multifactorial educational intervention (information about chronic obstructive pulmonary disease [COPD], doses reminder, development of inhalation technique skills and audiovisual support) in patients with COPD prescribed fixed daily doses of inhaled treatment, with a follow up period of 1 year and two reinforcement visits (3 and 6 month after intervention) increases at least 25% the treatment adherence in the intervention group versus the control group.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

1. Ethical Committee of Distrito Sanitario Málaga approved on the 1st March 2007
2. Ethical Committee of Distrito Sanitario Axarquía approved on the 13th May 2008
3. Committee of Clinical Trials of Hospital Clínico Universitario Virgen de la Victoria approved on the 30th November 2007

The study protocol was reviewed by Spanish Medicine Agency and Sanitary products.

## **Primary study design**

Interventional

## **Study design**

Multicentre randomised controlled clinical trial

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Chronic obstructive pulmonary disease (COPD)

## **Interventions**

Subjects will be divided randomly into two groups, using the block randomisation technique: a control group and an intervention group. All patients will attend the same number of appointments. The intervention group will have an educational intervention.

The intervention consists in three parts that include the most relevant aspects related to the treatment adherence in patients with COPD:

Part 1: Motivational aspects to improve the adherence -

Why the recommended therapeutic regimen is not accomplished, to emphasize on the motivational aspects that could improve the treatment adherence in the next follow up visits. This intervention session will be recorded with a patient formal consent for later analysis.

## Part 2: Cognitive aspects related with treatment adherence -

The intervention group received information about the disease so they can be more confident and more conscious about the importance of the daily treatment intake.

## Part 3: Skills developing -

Inhaled technique training. The intervention group was trained about how they use their inhalers, why a good technique is important and practice the proper technique with placebo inhalers.

Groups will be formed from 6 to 9 patients, a proper number according to the bibliography for this type of intervention. The session time lasts about 2 hours including the patient's reception, the material distribution, the mentioned contents and the farewell. All interventions will be conducted by two professionals specially trained in motivational techniques and in the use of inhaler devices. Audiovisual and written material will be used in parts 2 and 3 of the intervention (leaflet with the most relevant disease aspects and scheme about inhalation technique).

The educational intervention has a duration of 1 - 2 hours, depending on the group of patients. The follow-up period is one year with 3 appointments to emphasize on the motivational aspects that could improve treatment adherence. The duration of these appointments depends on the patients adherence and skills. The measurement of duration of visits will be a result of our study.

In the control arm the participants have the same follow-up period and visits without the intervention.

### Visit scheme:

#### Intervention group:

Visit 0 (inclusion): all the study data (primary, secondary and independent variables) will be recorded and the treatment adherence will be measured

pVisit 1 pre-adherence: It will take place one month before visit 1 in order to measure its compliance

Visit 1: It will take place 3 months after the intervention. Primary outcome will be measured and encouraging work about inhalers techniques and motivational aspects related to adherence will be individually applied.

pVisit 2 pre-adherence: It will take place 1 month before visit 2 in order to measure its adherence

Visit 2: It will take place 6 months after the intervention. Primary outcome will be measured and encouraging work about inhalers techniques and motivational aspects related to adherence will be individually applied.

pVisit 3 pre-adherence: It will take place 1 month before visit 3 in order to measure its adherence

Visit 3: It will take place after 1 year follow up. It will involve a whole visit in which all the study data will be measured.

#### Control group:

Visit 0 (inclusion): all the study data (primary, secondary and independent variables) will be recorded and the treatment adherence will be measured

pVisit 1 pre-adherence: It will take place one month before visit 1 in order to measure its compliance

Visit 1: It will take place 3 months after the intervention. Primary outcome will be measured.

pVisit 2 pre-adherence: It will take place 1 month before visit 2 in order to measure its adherence

Visit 2: It will take place 6 months after the intervention. Primary outcome will be measured.

pVisit 3 pre-adherence: It will take place 1 month before visit 3 in order to measure its adherence  
Visit 3: It will take place after 1 year follow up. It will involve a whole visit in which all the study data will be measured.

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Treatment adherence evaluated using dose or pill recount, measured at the three visits of the trial.

### **Key secondary outcome(s)**

Measured at start and end of study:

1. Functional status (spirometry)
2. Quality of life, measured using the Spanish version of the St Georges Respiratory Questionnaire and the specifically developed SeguiEPOC Questionnaire

### **Completion date**

30/09/2010

## **Eligibility**

### **Key inclusion criteria**

1. Confirmed COPD diagnose by spirometry (Spanish Society of Pulmonology and Thoracic Surgery [SEPAR] guidelines)
2. Belong to the selected Primary Care Centres in Malaga area
3. Prescription of fixed daily doses of inhaled treatment
4. Accepted to participate in the study and gives informed consent
5. Aged greater than or equal to 18 years, either sex

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 Years

### **Sex**

All

### **Key exclusion criteria**

1. Diagnosis of other respiratory conditions which are not included in the COPD definition
2. Cognitive impairment problems

**Date of first enrolment**

01/09/2008

**Date of final enrolment**

30/09/2010

## Locations

**Countries of recruitment**

Spain

**Study participating centre**

Unidad Docente Medicina Familiar y Comunitaria

Málaga

Spain

29009

## Sponsor information

**Organisation**

Carlos III Institute of Health (Instituto de Salud Carlos III) (Spain)

**ROR**

<https://ror.org/00ca2c886>

## Funder(s)

**Funder type**

Government

**Funder Name**

Carlos III Institute of Health (Instituto de Salud Carlos III) (Spain) - Health Research Fund, Ministry of Science and Innovation (MICINN)

## Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	25/04/2014		Yes	No