

Self-Monitoring of Exacerbating Factors in Symptom Control of COPD: A Preliminary Study

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Abstract

Symptom control is a major intervention in chronic obstructive pulmonary disease (COPD) patients to minimize decline of lung function and enhance quality of life. The primary method of symptom control is avoiding exposure to exacerbating factors. Studies indicate that self-monitoring can improve symptom control in COPD patients. Based on self-monitoring theory, this study designed a protocol for exacerbating factors and applied it to a COPD patient. The initial experimental results indicate that this protocol helps to reduce the frequency and severity of exacerbation in COPD patients and improves sustainability of symptom control. Given this successful experience, this theory-based protocol is a worthy health care model for chronic disease control.

Key words: Chronic obstructive pulmonary disease, exacerbating factors, self-monitoring.

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