

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

Multidisciplinary Graduate
Research Conference

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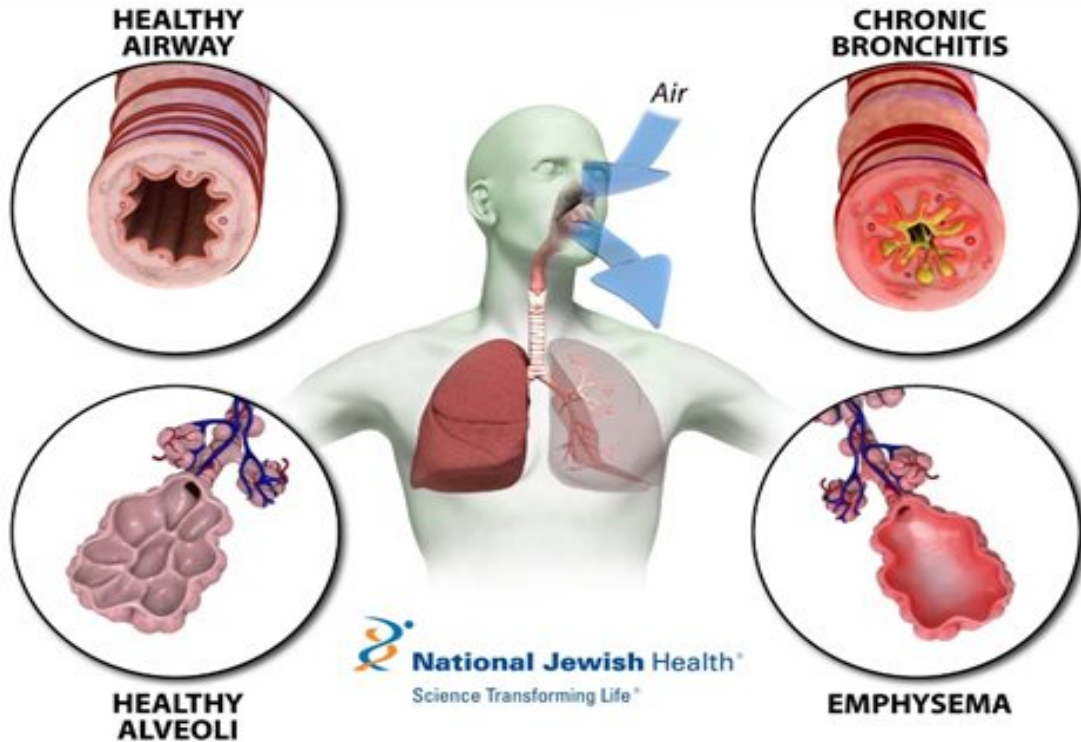
Overview of Presentation

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

Understanding COPD



- **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**

PRINCE EDWARD ISLAND



- **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



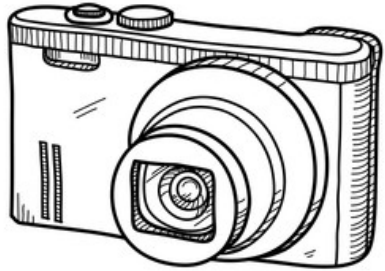
DESCRIPTION OF METHODS

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

Average age of diagnosis:
62.2 years old

9 participants
(4 with photovoice)

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

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



5 males, 4 females

Education (Completed):
1 – grade school
5 – high school
2 – college
1 - undergraduate

Average age when starting
program:
70.3 years old

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

Trapped

“Pity Train”

Rock = support



Freedom

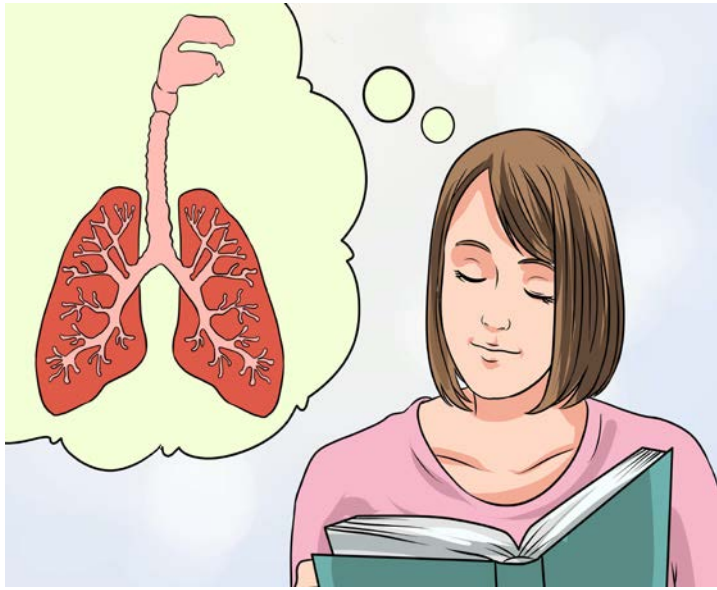
Setting Goals

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!

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