

myCOPD Mid and South Essex Case Study

myCOPD, the NHS Approved App from my mhealth, helps people with COPD self-manage their condition and enables clinical teams to deliver new models of care at a population scale.

The providers in mid and south Essex STP have used several innovative approaches in the use of the app. The integrated respiratory team distribute the App at all patient interactions to support self-management and use myCOPD to improve access to Pulmonary Rehabilitation (PR).

The Enhanced PR programme at Southend Hospital offers a flexible approach allowing patients to complete either centre- or home-based rehab or a combination.

In total 7 clinical teams comprising 50 clinicians have been trained in the use of myCOPD and over 1265 COPD patients are now registered.

There has been excellent feedback from both patients and staff.

The results from the Enhanced PR programme are particularly impressive. Patients using the App for home-based PR had improvements in their 6-minute-walk-test of 58m and 3.7 in their COPD assessment (CAT) test, both of which are above the minimal clinically important difference for PR. A primary care roll-out is now being planned to provide access to a broader range of patients.