

Taking a Population Health Management Approach to the Management of Patients with Chronic Obstructive Pulmonary Disorder in the North Cynon Primary Care Cluster

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Background

- Population Health Management (PHM) can help us better understand both the needs of patient populations and use of health care resources and therefore tailor services to best improve population health.
- 2.9% of the North Cynon General Practice (GP) area are living with a Chronic Obstructive Pulmonary Disease (COPD) diagnosis, compared to 2.5% in Cwm Taf Morgannwg (CTM) University Health Board (UHB)¹.
- There are a number of risk factors and triggers for COPD exacerbations². Smoking and socioeconomic factors have been associated with increased frequency of acute exacerbations³. A higher incidence of exacerbations in winter has a considerable impact on patients and pressure on health care systems⁴.

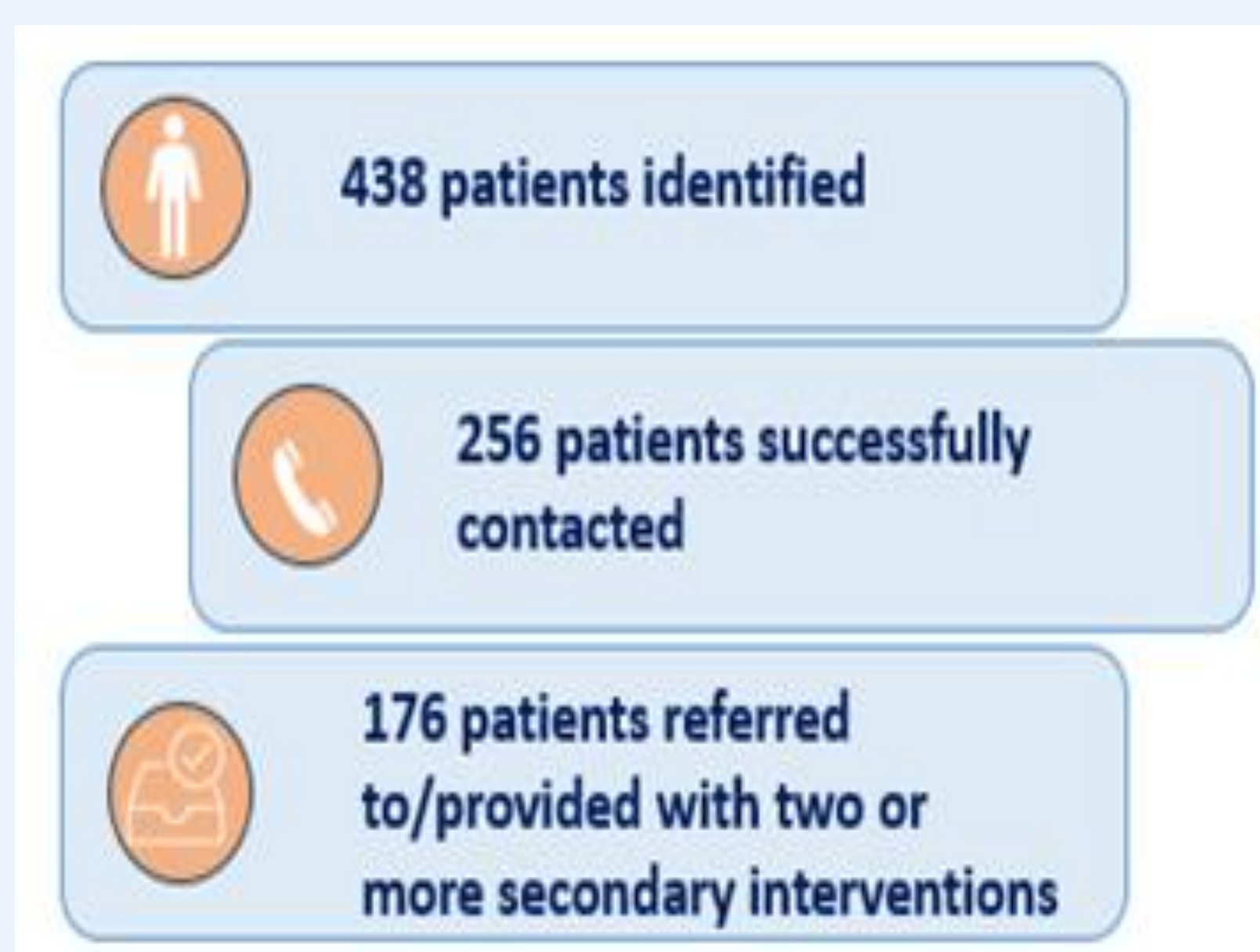
Aim

This research project sought to understand the feasibility and acceptability of applying a PHM approach using population segmentation and risk stratification data to identify patients for intervention based on known COPD risk factors.

Methodology

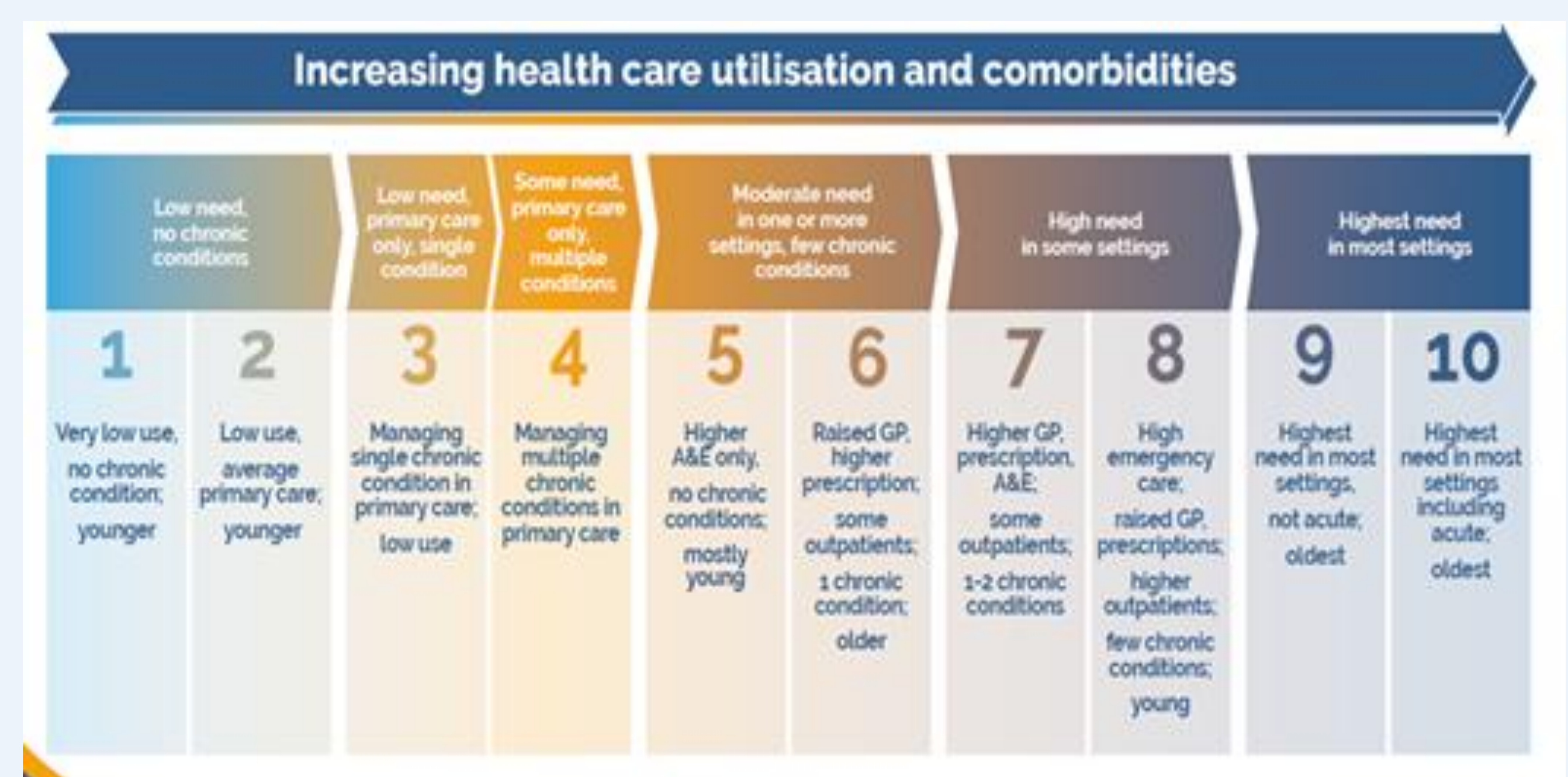
- This study was an empirical project; an evaluation of a project that ran from December 2023 until March 2024, following the RE-AIM framework⁵.
- The study was a mixed method study including the collection of both qualitative and quantitative data from 256 patients and 6 project team members.

Results



- Over 90% of contacted patients reported pain and discomfort.
- A higher proportion of patients from segments 4 and 9 received two or more interventions.
- Further analysis is underway and will be available in early 2025.

Population segments in CTM



Segmentation groups together individuals with similar health care need; this can help us identify specific groups of patients to target for preventative care.

Conclusion

A PHM approach was used successfully to identify patients who would benefit from an additional proactive COPD check to aid wellbeing during the winter period.

One patient said:

"I am not one to ask for help unless I am unwell or desperate so a call like this great to help me manage my condition and stay well. I hope these calls continue."

Contact us

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