

APPENDIX

Table A. Comparison of Dutch *Living Well with COPD* version and the original Canadian *Living Well with COPD* programme

	Dutch <i>Living Well with COPD</i> version	Canadian <i>Living Well with COPD</i> version
Healthcare setting:	General practice	Hospital
Delivery structure:		
Delivery setting	In general practice	At home
Provider	Practice nurses under supervision of GP	Respiratory nurses, respiratory therapists, or physiotherapists under supervision of respiratory physician
Training of provider	<ul style="list-style-type: none"> • 8-hour group training addressing contents of the Living Well with COPD programme and motivational interviewing; • 1 observation of each practice nurse in daily practice by a respiratory nurse specialized in COPD care; • Coaching through message board on secured web-based application during the study. 	<ul style="list-style-type: none"> • 9-day group training on every aspect of Living well with COPD, theory and practice of all the techniques and patient teaching; • 1 full training day for Exercise module: because most of the healthcare professionals who applied the program were not physiotherapists; • Continuous monitoring and support by a nurse specialized in COPD care .
Patient contacts	<ul style="list-style-type: none"> • Minimum of 2 to maximum of 4 planned individual sessions of approximately 50 minutes each during 4 to 8 consecutive weeks, followed by; • 6 telephone contacts during 24 months follow-up. 	<ul style="list-style-type: none"> • 7-8 weeks of planned individual sessions of approximately 1 hour per week, followed by; • Weekly telephone calls for 8 weeks, followed by; • Monthly telephone calls for the remainder of the 12 month follow-up.

Contents of the programme:		
<i>Educational sessions</i>		
Module “Preventing your symptoms and taking your medications”	Provided to all patients	Provided to all patients.
Module “Keeping a healthy and fulfilling lifestyle”	Provided to all patients	Provided to all patients
Module “Integrating a plan of action into your life”	Provided to all patients	Provided to all patients
Module “Managing your breathing and saving your energy”	Provided to all patients	Provided to all patients
Module: “Managing stress & anxiety”	Provided when appropriate	Provided to all patients
Module: “Integrating an exercise program into your life”	Provided when appropriate	Provided to all patients
Module: “Long-term home oxygen therapy”	Not provided	Provided when appropriate
<i>Exacerbation action plan</i>		
Written paper exacerbation action plan	Standing prescriptions of prednisolone and/or antibiotics depended on the decision of the GP	Standing prescriptions of prednisolone and antibiotics were provided to all patients
<i>Exercise programme</i>		
At home training program with first training under supervision. Patients were encouraged to train 3 times per week for 30 to 45 minutes	Not included	Provided to all patients

Table B. Primary and secondary clinical outcomes: within and between group differences at 6 months #

Outcomes	Self-management (n=55)		Routine Monitoring (n=55)		Usual care (n=55)		Treatment difference at 6 months	
	Baseline	Change at 6-mo (95% CI)	Baseline	Change at 6-mo (95% CI)	Baseline	Change at 6-mo (95% CI)	SM vs UC	RM vs UC
Primary								
CRQ Total	5.11 (0.94)	0.25 (0.067 to 0.44)	5.10 (0.77)	0.20 (0.014 to 0.38)	5.26 (0.81)	0.23 (0.042 to 0.42)	0.023 (-0.24 to 0.29)	-0.031 (-0.29 to 0.23)
Secondary								
CRQ Emotions	5.13 (1.02)	0.21 (-0.031 to 0.45)	5.18 (0.91)	0.034 (-0.21 to 0.28)	5.2 (1.08)	0.27 (0.023 to 0.51)	-0.057 (-0.40 to 0.29)	-0.23 (-0.58 to 0.11)
CRQ Mastery	4.75 (0.89)	0.18 (-0.055 to 0.42)	4.85 (0.77)	0.04 (-0.20 to 0.28)	4.91 (0.65)	0.16 (-0.085 to 0.40)	0.025 (-0.31 to 0.36)	-0.12 (-0.46 to 0.22)
CRQ Fatigue	4.79 (1.34)	0.38 (0.073 to 0.69)	4.75 (1.18)	0.40 (0.088 to 0.70)	5.04 (1.18)	0.16 (-0.15 to 0.48)	0.22 (-0.22 to 0.66)	0.23 (-0.21 to 0.67)
CRQ Dyspnea	5.68 (1.21)	0.23 (-0.032 to 0.49)	5.47 (1.29)	0.45 (0.18 to 0.71)	5.82 (1.08)	0.33 (0.062 to 0.59)	-0.098 (-0.47 to 0.28)	0.12 (-0.26 to 0.49)
CSES Total	3.53 (1.0)	-0.034 (-0.34 to 0.28)	3.67 (0.86)	-0.36 (-0.66 to -0.053)	3.6 (0.92)	0.24 (-0.083 to 0.56)	-0.27 (-0.72 to 0.17)	-0.60 (-1.04 to 0.15)
CSES Negative affect	3.6 (0.92)	-0.13 (-0.42 to 0.15)	3.51 (1.42)	-0.29 (-0.57 to -0.0096)	3.55 (0.84)	0.033 (-0.26 to 0.32)	-0.16 (-0.57 to 0.24)	-0.32 (-0.73 to 0.082)
CSES Emotional arousal	3.67 (0.86)	-0.21 (-0.50 to 0.094)	3.75 (0.8)	-0.42 (-0.71 to -0.12)	3.69 (0.82)	0.18 (-0.13 to 0.49)	-0.38 (-0.81 to 0.046)	-0.59 (-1.02 to 0.17)
CSES Physical exertion	3.01 (1.11)	0.062 (-0.23 to 0.36)	3.03 (1.01)	-0.033 (-0.33 to 0.26)	2.93 (0.84)	0.32 (0.014 to 0.62)	-0.26 (-0.68 to 0.17)	-0.35 (-0.77 to 0.071)
CSES Weather/environment	3.26 (1.0)	-0.0042 (-0.30 to 0.29)	3.36 (0.79)	-0.22 (-0.50 to 0.074)	3.26 (0.9)	0.27 (-0.034 to 0.57)	-0.27 (-0.69 to 0.15)	-0.48 (-0.90 to 0.064)
CSES Behavioral risk factors	3.34 (1.02)	0.025 (-0.29 to 0.34)	3.35 (0.91)	-0.34 (-0.65 to -0.036)	3.47 (0.92)	0.10 (-0.21 to 0.42)	-0.077 (-0.52 to 0.37)	-0.44 (-0.88 to 0.028)

Abbreviations: CI = confidence interval; CRQ = Chronic Respiratory Questionnaire; CSES = COPD Self-Efficacy Scale
generalized estimating equations (GEE) analysis with compound symmetry structure and covariates sex, age, education level, long-acting bronchodilator use, and inhaled corticosteroid use, and including data at all time points.