

## 2014 Knowledge Transfer Scheme

**Chief Investigator:** Dr Brenda O'Neill (University of Ulster)

**Co-investigators:** Dr Judy Bradley (UU), Prof Chris Nugent (UU), Dr Jonathan Synnott (UU), Mrs O Hewitt (BHSCT), Dr D Downey (BHSCT)

**Title of research project:** Living Well With Bronchiectasis: enabling health and well-being by supporting education and self-management

**Abstract:** Problem/need: Unlike many other respiratory conditions there is a complete dearth of resources available to clinicians and patients to facilitate education and self-management in bronchiectasis (BE). A key priority for the Department of Health is the development of innovative and accessible services in the community, supporting individuals to maintain good health and wellbeing, targeting the prevention of illness and avoiding worsening of current conditions. From our research we have provided strong evidence that both education and self-management are effective ways to support optimal care in BE. The main objective of our knowledge exchange plan is to translate our research into practice, and create resources for both clinicians and patients to support patient education and self-management in BE.

Specific knowledge exchange objectives:

1. The development, design and production of a Living Well With BE patient manual (draft content has been developed and evaluated).
2. The development, design and production of a comprehensive guide for health professionals to facilitate the translation and uptake of education and self-management skills for patients with BE.
3. Development of an Action Plan in the form of a software 'App' that can be deployed on smart devices such as tablet computers and smart phones which will offer patients an alternative platform (i.e. paper vs electronic) to support self-reporting and self-management of symptoms (paper self-management action plan already developed).
4. Training of health professionals involved in the management of patients with BE to enable translation of key information and skills.
5. Creation of an online presence to host the resources to ensure the sustainability and accessibility.
6. The evaluation and implementation of the 'Living Well With BE' resources.

**Impact of project:** We are targeting both patients with BE and health professionals involved in the delivery of care to patients with BE. The resources will have significant impact on the ability of health professionals to deliver a high quality evidence-based education to patients within current resources, irrespective of geographic location or whether care is provided in a hospital or community setting. Investment in this knowledge exchange is justified as it aligns with HSC and

commissioning strategies (see section 8). Resources will be made available online to ensure sustainability of impact.