

TARGETING TREATABLE TRAITS IN COPD TO PREVENT HOSPITALISATIONS

Centre for Medicine Use and Safety investigators are seeking expression of interest from general practice clinics to deliver tailored intervention or provide usual care in patients with COPD. (TERRACOTTA, Project ID 28062)

COPD was the top cause of preventable hospitalisations for chronic diseases in Australia in 2016-17. 'Treatable traits' (TT) refers to individually assessing patients for a specified set of treatable problems, followed by the development and implementation of an individualised treatment program.

Identification of TT in COPD, in particular the severity, activity and impact, are crucial in the provision of an individualised treatment programme for reducing the burden of COPD. General practice (primary care) is best placed to embed strategies to prevent hospitalisations through the provision of appropriate individualised preventive interventions.

In the TERRACOTTA trial, disease management targeting TT will be delivered by an interdisciplinary team of general practitioners (GPs), practice nurses, pharmacists, physiotherapists and other allied health professionals. This multidisciplinary team of investigators have already demonstrated the real-world effectiveness of interdisciplinary interventions for COPD in primary care.

The proposed cluster randomised trial will be the first of its kind offering tailored interventions targeting TT in COPD in individuals at risk of exacerbations, to improve quality of life and avoid hospitalisations. Our findings will inform clinical practice and facilitate continuous quality improvement in the care of patients with COPD.

Investigators are seeking expression of interest from general practice clinics with:

- at least 500 patients in their database, and
- have a practice nurse or are able to accommodate a practice nurse,

to deliver the tailored intervention targeting TT in COPD or provide usual care.

Upon recruitment into the trial, clinics will be randomised to the intervention or usual care.

Please contact us if you are interested in being part of the trial or want to know more information and obtain a copy of the explanatory statement.

Contact Us

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