Asthma-COPD Educational Outreach in Bangladesh

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Sponsors and Collaborators
Overview

• Aim of Program
• Background of COPD/Asthma Situation in Bangladesh
• Intervention
• Program Outcomes
• Future Needs
• Questions
Aim of Program

The aim of the educational outreach project is to improve the care of asthma and chronic obstructive pulmonary disease (COPD) patients in a resource-poor country.
Background of COPD/Asthma in Bangladesh

• Asthma and COPD together afflict over 13 million individuals
• An estimated 6.9% of Bangladeshis suffer from asthma related symptoms; 21.2% individuals > 40 y.o. (6.5 million) suffer from COPD
• WHO estimates that by 2030, COPD may be the third leading cause of death worldwide, making prevention and management outreach efforts high priority within resource poor nations like Bangladesh

United States

21.2%
(for populations ≥ 40 years old)
Why such high prevalence?

- Illiteracy
- Poor access
- Delayed diagnosis
- Under treatment
- Smoking
- Biomass fuel usage
- Chronic Asthma
- Older age
Better Breathing Bangladesh (BBB)

- The BD Government is preoccupied with TB and other infectious diseases, neglecting Asthma/COPD care
- Better Breathing Bangladesh (BBB) is a coalition of IPCRG, BPCRS, icddbr-b.
- BBB was recognized by the WHO (WHO-GARD) in 2009
Better Breathing Bangladesh (BBB): Functions

Training and education for Health Professionals
Setting up Community Respiratory Centers
Raising Awareness among the public
Primary prevention of COPD (School and College programs on health literacy)
Rural Respiratory health campaigning
Resource building (Asthma and COPD E learning for the GPs)
Providing technical support
Educational Programs

One of the most important strategic initiatives is educational outreach.

- Asthma/COPD Training and Awareness Activities in Bangladesh
- Physician Education using eLearning Courses
Asthma/COPD Training and Awareness Activities

• Train and educate healthcare professionals
• Build community resource centers for patients
• Provide technical support for physicians
Asthma/COPD Training and Awareness Activities

• Provide health literacy programs at primary schools and colleges to impact primary prevention efforts

• Provide respiratory health support with free spirometry treatment advice and domestic Pulmonary rehabilitation services, particularly in rural and resource-poor areas
Asthma/COPD Training and Awareness Activities

• Create a resource building to train GPs in asthma and COPD diagnoses and treatment

• Raise awareness about asthma/COPD prevention and management amongst the public
eLearning Courses for Physicians

• Blended eLearning courses to optimize respiratory diagnoses and treatment capacity amongst GPs

• Provide opportunity for GPs to participate in clinical rotations, have weekly personal contact sessions, and receive evidence based strategies to administer care at all levels, including domestic pulmonary rehabilitation at the rural level
Asthma/COPD training and awareness activities in Bangladesh achieved the following objectives:

• **Expanded GP competency** in areas of asthma/COPD diagnoses and treatment, and running community resource/educational centers.

• **Improved patient health literacy**

• **Improved resource allocation** - GPs efficiently and correctly allocated resources to patients that need it.

• **Improved access to care** - all patients, regardless of socio-economic status, were provided access to program resources.

Program was effective in helping alleviate the burden of asthma/COPD
Future Needs

• Collective efforts are being made to sustain program operations now and in the future as a high-value resource for patients and the community.

• Research for quantitative analysis of program outcomes

• Funding to sustain operations
Better Breathing Bangladesh in stride

• Finally Government is impressed by the progress shown March 2017

• New Respiratory Clinics set up in 8 different districts

Health Minister opening a Community Respiratory Clinic, BD February 2017
References

1. Alam DS\textsuperscript{1,2}, Chowdhury MA\textsuperscript{1}, et al, Prevalence and Determinants of Chronic Obstructive Pulmonary Disease (COPD) in Bangladesh. COPD. 2015;12(6):658-67.

Thank you
Questions and Discussion

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