

## A patient evaluation of performing COPD research in primary care.

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**Introduction:** The COPD STARR study (Stratified TreAatment to Reduce Risk in COPD) is an observational study performed in GP practices in the Thames Valley region to understand inflammatory characteristics in COPD. To maximise recruitment, a new peripatetic research model was performed, with two dedicated research nurses aligned to 8 practices over a large geographical area.

**Methods:** Subjects with COPD, defined according to clinical history & spirometry, were entered into STARR. Data sampling at study entry included baseline demographics & near-patient testing for a 5-point differential cell count, using the HemoCue<sup>®</sup>. A patient satisfaction survey was undertaken in a sample of recruited patients. Patients were asked to rate from 1-5 their experience of participation of STARR with 1 being the least and 5 being the best response.

**Results:** Between March and August 2016, 158 COPD subjects (103 males), with a mean (range) age was 71 years (46 to 94) were recruited. The response rate was 75%. This was the first research experience in 68% of the respondents. Overall, the research experience was felt to be *very good* (mean score 4.3) and that this helped participants to manage their condition *quite a lot better* (mean score 2.9). Overwhelmingly, participants felt that their experience meant that they would take part in research again and that location was important (93% and 68% favoured responses respectively).

**Conclusion:** COPD patients in primary care enjoy taking part in research and key to research success is location and dedicated research teams.