



How to manage fracture risk in patients with Chronic Obstructive Pulmonary Disease (COPD): Building a consensus through healthcare professionals and patient engagement

Page 1: Project Information

My name is Dr Leah Jayes, I'm a postdoctoral fellow at the University of Nottingham. Alongside colleagues, Dr Charlotte Bolton and Dr Tricia McKeever, I am currently running a study supported by the British Lung Foundation into osteoporosis and fracture risk in patients with COPD.

This is an area that the team at Nottingham, along with several colleagues, have had a research interest in for several years. They now want to take this area forward and interested in the experiences of those with lung conditions to complete a questionnaire about osteoporosis and fracture risk. We are conducting a similar questionnaire with healthcare professionals. This is to look how any clinical service might be improved.

We welcome completed questionnaires from anybody with a lung disease and especially if you have COPD. It takes around 15 minutes to complete and all responses are anonymised. For this reason, please do not put any contact details on the completed questionnaire, however if you do wish to be involved in this study further or would be interested in hearing about the findings, please do not hesitate to pass your contact details on to the research team (leah.jayes@nottingham.ac.uk or Dr Leah Jayes, B125 Clinical Sciences Building, Nottingham City Hospital, Nottingham, NG5 1PB).

Once completed please hand back to your Breathe Easy Secretary, to return via Freepost.

Page 2: About you

1. Gender? * Required

- Male
- Female
- Other
- Prefer not to say

2. Which region do you live? * Required

- | | | |
|-------------------------------------|-------------------------------------|--|
| <input type="radio"/> North East | <input type="radio"/> North West | <input type="radio"/> Yorkshire and the Humber |
| <input type="radio"/> East Midlands | <input type="radio"/> West Midlands | <input type="radio"/> Wales |
| <input type="radio"/> South West | <input type="radio"/> South East | <input type="radio"/> East of England |
| <input type="radio"/> London | <input type="radio"/> Scotland | <input type="radio"/> Northern Ireland |
| <input type="radio"/> Other | | |

2.a. If you selected Other, please specify:

3. Age? * Required

- Under 60 years
- Between 60-74 years
- Over 75 years
- Prefer not to say

4. What is your current smoking status? * *Required*

- Current smoker
- Ex-smoker (quit more than 3 months ago)
- Never
- Prefer not to say

5. How would you describe your main lung condition? * *Required*

- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Chronic bronchitis
- Asthma
- Bronchiectasis
- Other

5.a. If you selected Other, please specify:

6. Who do you see for your lung condition? You can select more than one option * *Required*

- GP
- Hospital specialist
- COPD nurse
- Respiratory nurse
- Other

6.a. If you selected Other, please specify:

7. Have you ever completed a course called 'Pulmonary Rehabilitation'? (sometimes called pulmonary rehab) * *Required*

- Yes
- No
- Don't know

8. Since being diagnosed with your lung condition, have you ever broken a bone? * *Required*

- Yes
- No (Go to Question 9)

8.a. If yes, what did you break? Tick as many as apply

- Hip
- Arm
- Wrist
- Leg
- Spine
- Other

8.a.i. If you selected Other, please specify:

8.a.ii. What did you do to break it? This might be a trip off a curb, or slip or a car accident or falling off a step ladder or one of many other

8.a.iii. After your lung condition was diagnosed, roughly how old were you were you first broke a bone?

- Under 40 years
- Between 40-59 years
- Between 60-74 years
- Over 75 years

9. Do you have a diagnosis of osteoporosis (bone thinning)? * Required

- Yes
- No
- Don't know

10. Do you take any tablets such as alendronic acid or alendronate tablets (for bone protection) or do you have any injections for osteoporosis or bone thinning? * Required

- Yes
- No
- Unsure

10.a. If yes, which do you take?

11. Do you take calcium tablets? * *Required*

- Yes
- No
- Unsure

12. Do you take vitamin D tablets? * *Required*

- Yes
- No
- Unsure

Page 3: Knowledge and Experiences

13. What is your understanding of osteoporosis (thinning of the bone) in people with COPD? * *Required*

- There is no relationship
- Same as general population
- An increased risk
- Don't know

For the following questions, please only draw upon your experiences since being diagnosed with a lung condition.

14. Has a healthcare professional (e.g GP, nurse, physiotherapist) ever spoken to you about osteoporosis (bone thinning) and questioned you about your possible risk factors? * *Required*

- Yes – on a few occasions
- Yes – at least once
- No (Go to Question 15)
- Don't know (Go to Question 15)

14.a. If yes, which Healthcare professional/s did you speak to? You can select more than one option *Optional*

- GP
- Hospital Doctor
- Pharmacist
- Physiotherapist
- Nurse
- Allied healthcare professional

Other

14.a.i. If you selected Other, please specify: *Optional*

15. Has a healthcare professional (e.g GP, nurse, physiotherapist) ever told you that you could be at an increased risk of a fracture or osteoporosis? * *Required*

- Yes
- No
- Unsure

16. Has a healthcare professional (e.g GP, nurse, physiotherapist) ever offered you a scan of your bones (e.g DEXA bone scan)? Please see image below * *Required*

- Yes
- No
- Unsure



17. Have you had a bone scan (e.g DEXA bone scan) since your lung condition diagnosis? * *Required*

- Yes
- No
- Unsure
- Had before diagnosed with lung condition

18. If a healthcare professional thought you might be at risk of osteoporosis or have a greater fracture risk, how receptive/open would you be to discuss options? * *Required*

- Very receptive
- Moderately receptive
- Not interested
- Don't know

19. If you were told you might be at increased risk of osteoporosis or a fracture, what information do you think would be important to include in a leaflet. You can tick more than one option. * *Required*

- What it is
- What are the causes
- How would it be diagnosed
- How it would make me feel
- How could I manage it
- What the medication might involve
- How long might I be on treatment for
- What things can I do to make it better
- Other

19.a. If you selected Other, Please specify:

20. We would be really interested to hear if you have any experience of fractures and perhaps a diagnosis of osteoporosis. Please share your experiences or make any further comments.

Page 4: Thank you!

Thank you for completing the survey!

Please contact the research team if you have any further questions, wish to be involved in future work in this area or would like to receive a copy of the findings (leah.jayes@nottingham.ac.uk). We hope to feed the findings back to Breathe Easy groups in the future.
