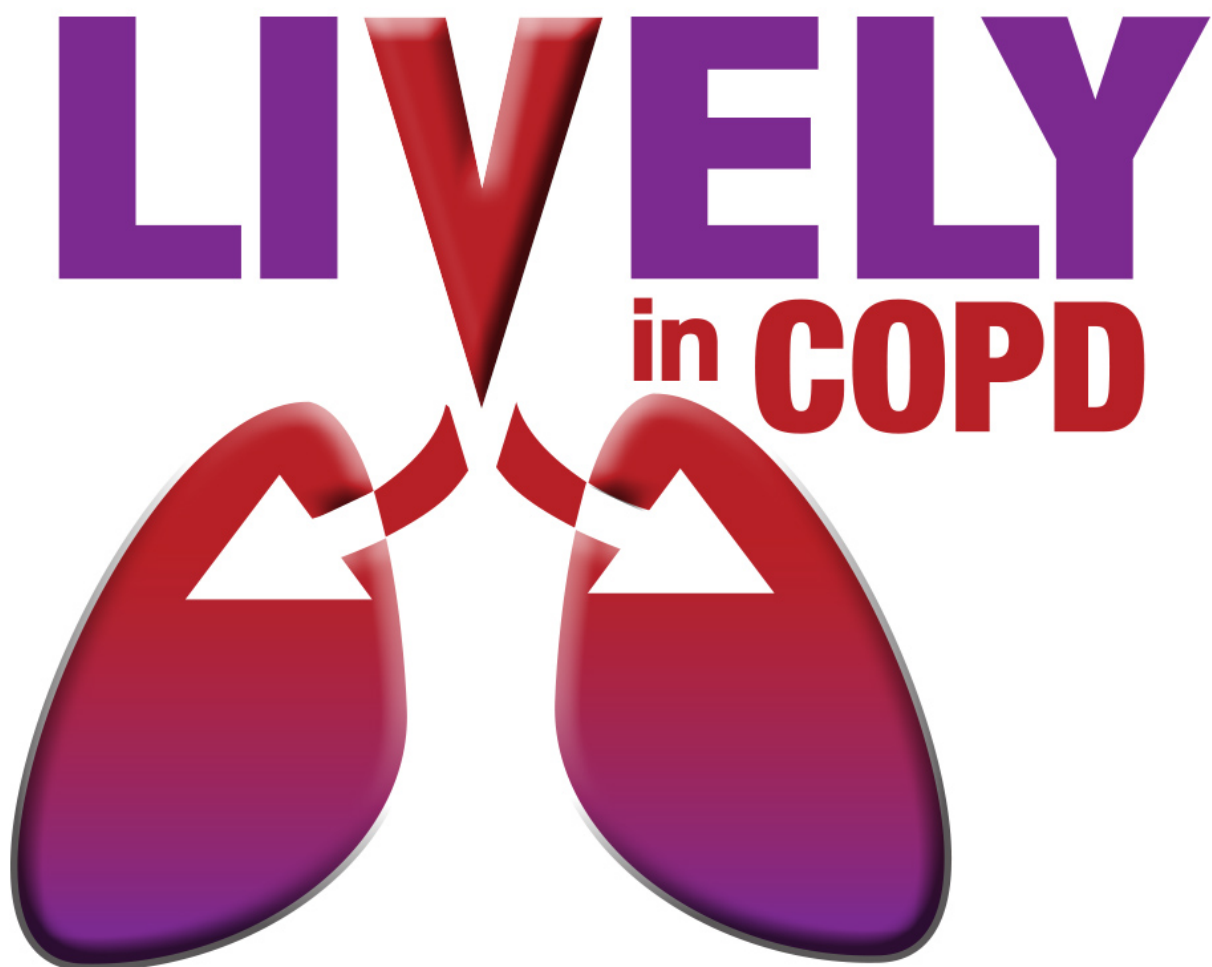


# **LIVELY Physical Activity Intervention in COPD**

## **Consultation Plans**

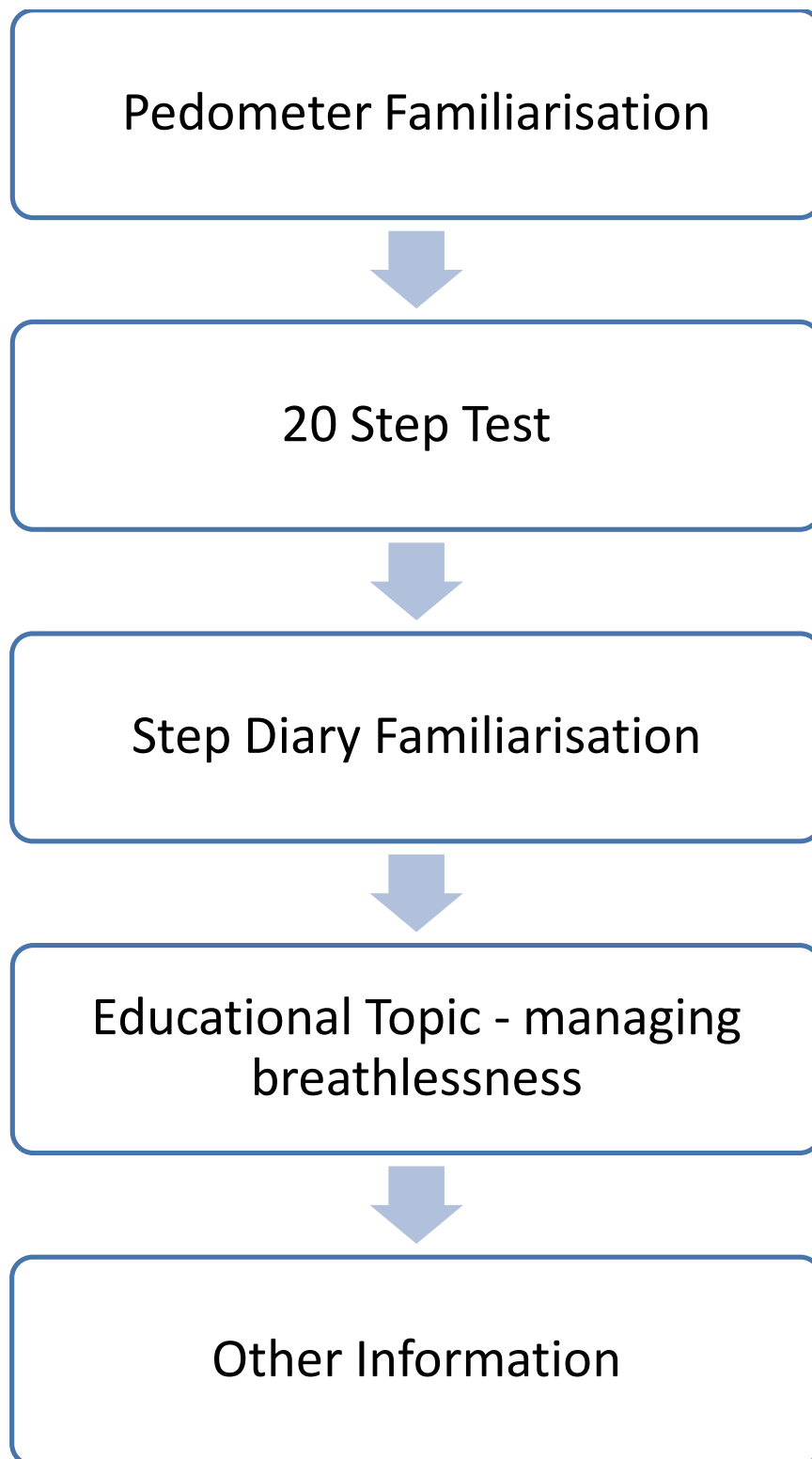


**Checklist Appointment 1**

Introduction	
Assess health status	
Explain goal of the programme	
Mention general benefits of PA	
Familiarise patient with pedometer	
Do 20 step test	
Explain step diary	
'Managing Breathlessness' topic	
Insert any other information into consultation plan	
Arrange next appointment	

Sign Posting/ Flow diagram

Physical Activity Consultation Appointment 1



## Physical Activity Consultation Plan – Appointment 1

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?*

Record any adverse Events

1. Pedometer Familiarisation

2. 20 Step Test

3. Step Diary Familiarisation

Pedometer Placement:

R



L



**4. Educational Topic - Managing Breathlessness**

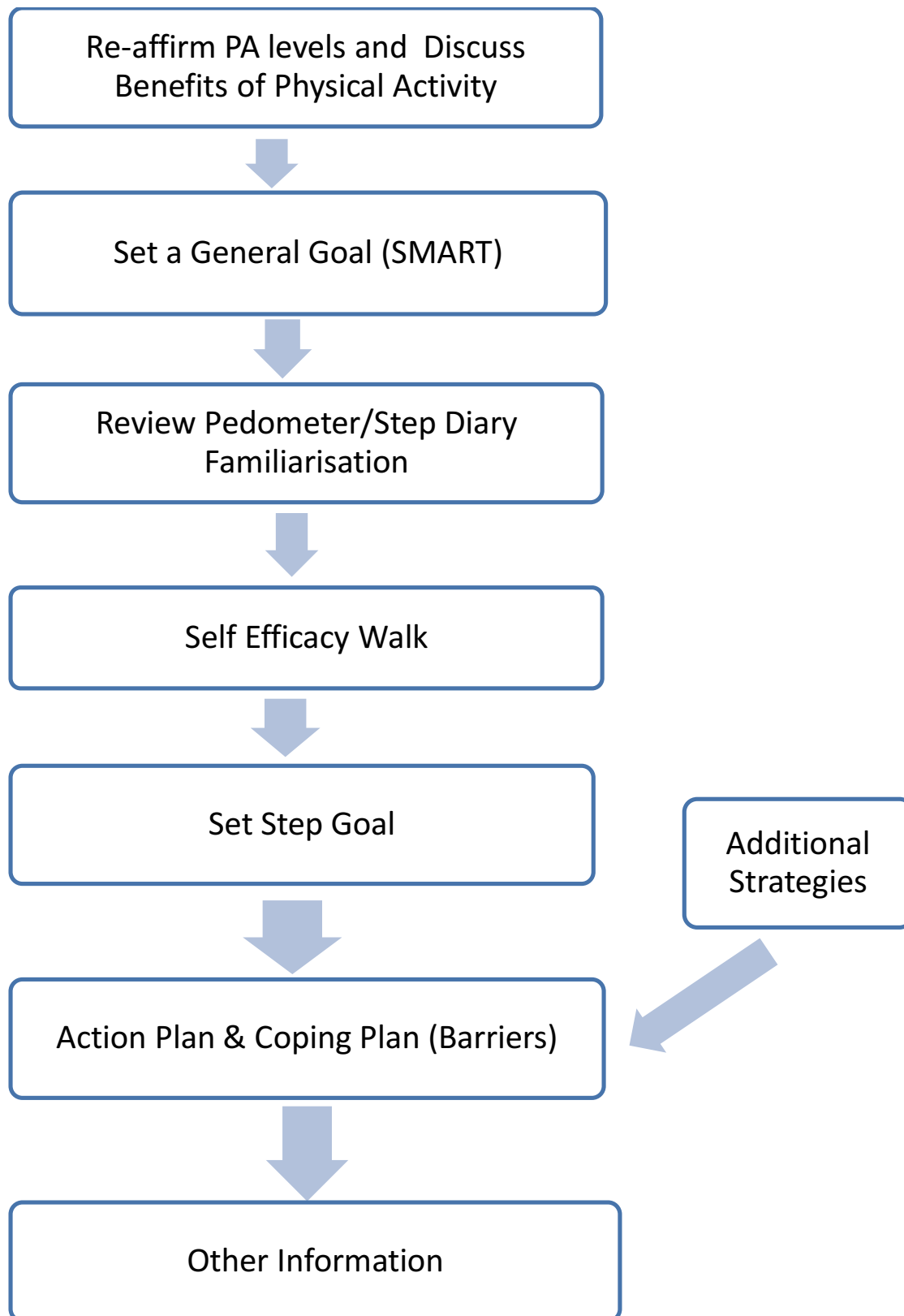
**5. Other Information**

**Checklist Appointment 2**

Introduction	
Assess if any adverse events	
Remind the patient of the goal of the programme	
Re-affirm PA levels	
Discuss the benefits of PA	
Set general goal (SMART)	
Note any problems with pedometer	
Record steps for the familiarisation week	
Do self-efficacy walk	
Set step goal for week	
Complete Action & Coping Plan	
Assess patient confidence level	
Consider additional advice based on behaviour change strategies	
Discuss any other information	
Arrange next appointment	

## Sign Posting/ Flow diagram

## Physical Activity Consultation Appointment 2



## Physical Activity Consultation Plan Appointment 2

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?*

Report any Adverse Events

1. **Re-affirm PA levels and discuss benefits** – insert text used to guide the discussion

2. **Set General Goal** – based on SMART (**S**pecific, **M**easurable, **A**ction orientated, **R**ealistic & relevant , **T**ime based) Concept

3. **Review Pedometer/ Step Diary Familiarisation**

Insert steps from familiarisation week in table below:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Remember to cross check pedometer with step diary to ensure correct recording of steps.



**4. Self-Efficacy Walk Results**

Steps taken	
Borg scale when completed SE walk	
Number of rest periods needed during SE Walk	
Comments	

**5. Set Step Goal**

Use Step Count inserted from **familiarisation week for step goal calculation**

<b>Total weekly step count for 7days</b>	
<b>Average daily steps</b>	
<b>Self-efficacy walk result</b>	
<b>Agreed step goal and walking days</b>	

**6. Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

1.

2.

3.

4.

5.

6.

Additional barriers and solutions

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Confidence Level

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

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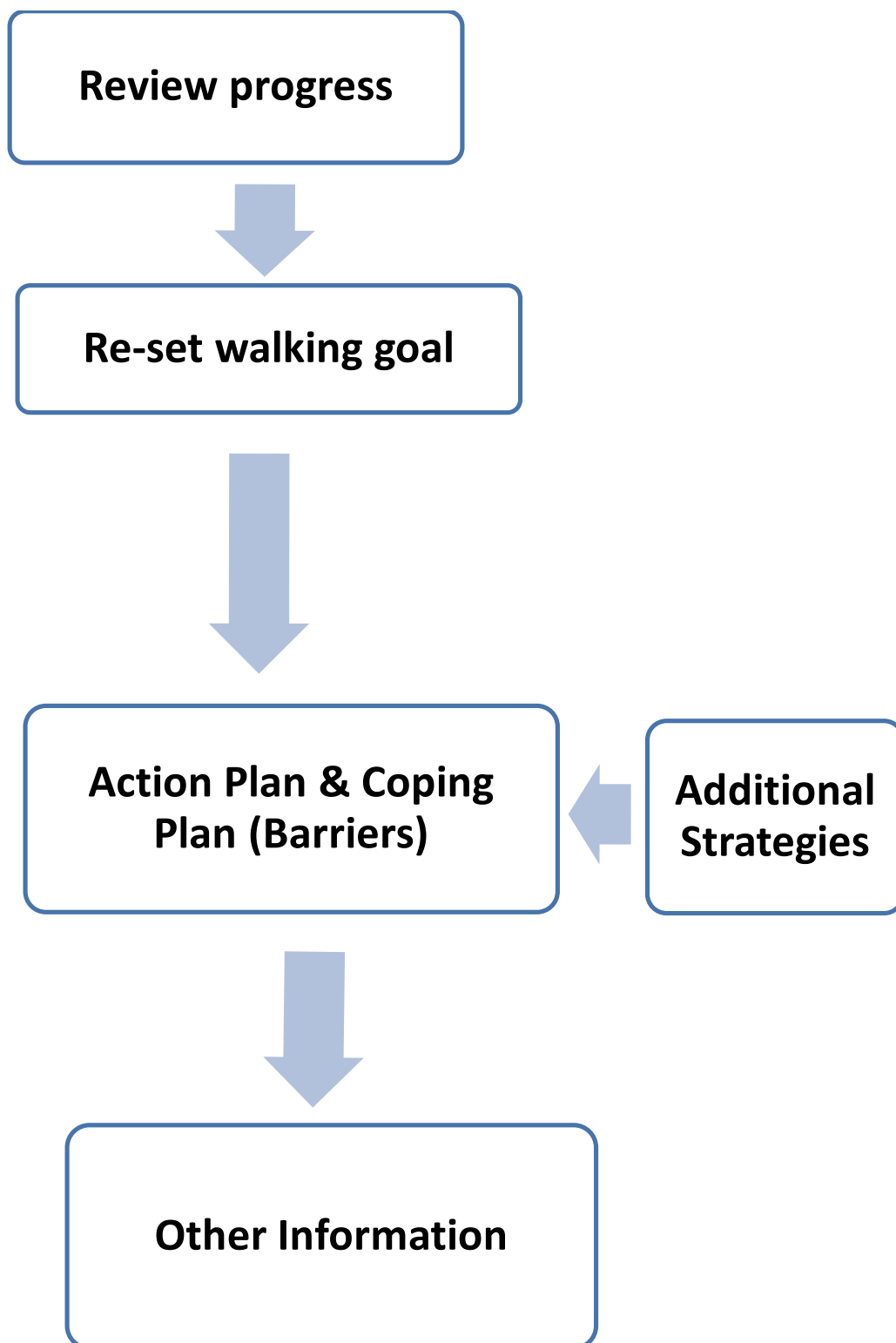
**Additional Strategies**

**7. Other Information**

**Checklist Appointment 3-11**

Introduction	
Report on patient's health state & record any AEs	
Patient progress reviewed	
Review overall (SMART) goal (appointment 6)	
New goal set & inserted into diary	
Action plan & barriers discussed	
Confidence levels with new goal assessed	
Additional strategies discussed	
Educational component covered (usually appointment 5)	
Any other information covered inserted in consultation plan	
Next appointment arranged	

Sign Posting/ Flow diagram Physical Activity Consultation Review Appointments 3-11(excluding Appt 5 and 6)



**Physical Activity Consultation Review – Appointment 3**

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?***Report any Adverse Events****1. Review progress**  
(Recap on Benefits)**2. Re-Set Walking Goal**Step Count inserted from **pedometer (circle agreed walking days)**

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								
Goal met Y/N								

<b>Step goal set last week (days and daily steps)</b>	
<b>Step goal (met; partially met on no. of days; not met)</b>	
<b>Total weekly step count on walking days</b>	
<b>Average daily steps on walking days</b>	
<b>Self-efficacy walk result</b>	

**Remember to cross check pedometer with step diary to ensure correct recording of steps; and check patient can retrieve 7 day memory.**

**Step count calculation**

3. **Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

1.

2.

3.

4.

5.

6.

**Additional barriers and solutions**

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**Confidence Level**

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

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### **Additional Strategies**

#### **4. Other Information**

**Physical Activity Consultation Review – Appointment 4**

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?***Report any Adverse Events****1. Review progress**  
(Recap on Benefits)**2. Re-Set Walking Goal**Step Count inserted from **pedometer (circle agreed walking days)**

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								
Goal met Y/N								



Step goal set last week (days and daily steps)	
Step goal (met; partially met on no. of days; not met)	
Total weekly step count on walking days	
Average daily steps on walking days	
Self-efficacy walk result	

**Remember to cross check pedometer with step diary to ensure correct recording of steps; and check patient can retrieve 7 day memory.**

### **Step count calculation**

- 3. Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Additional barriers and solutions

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Confidence Level

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

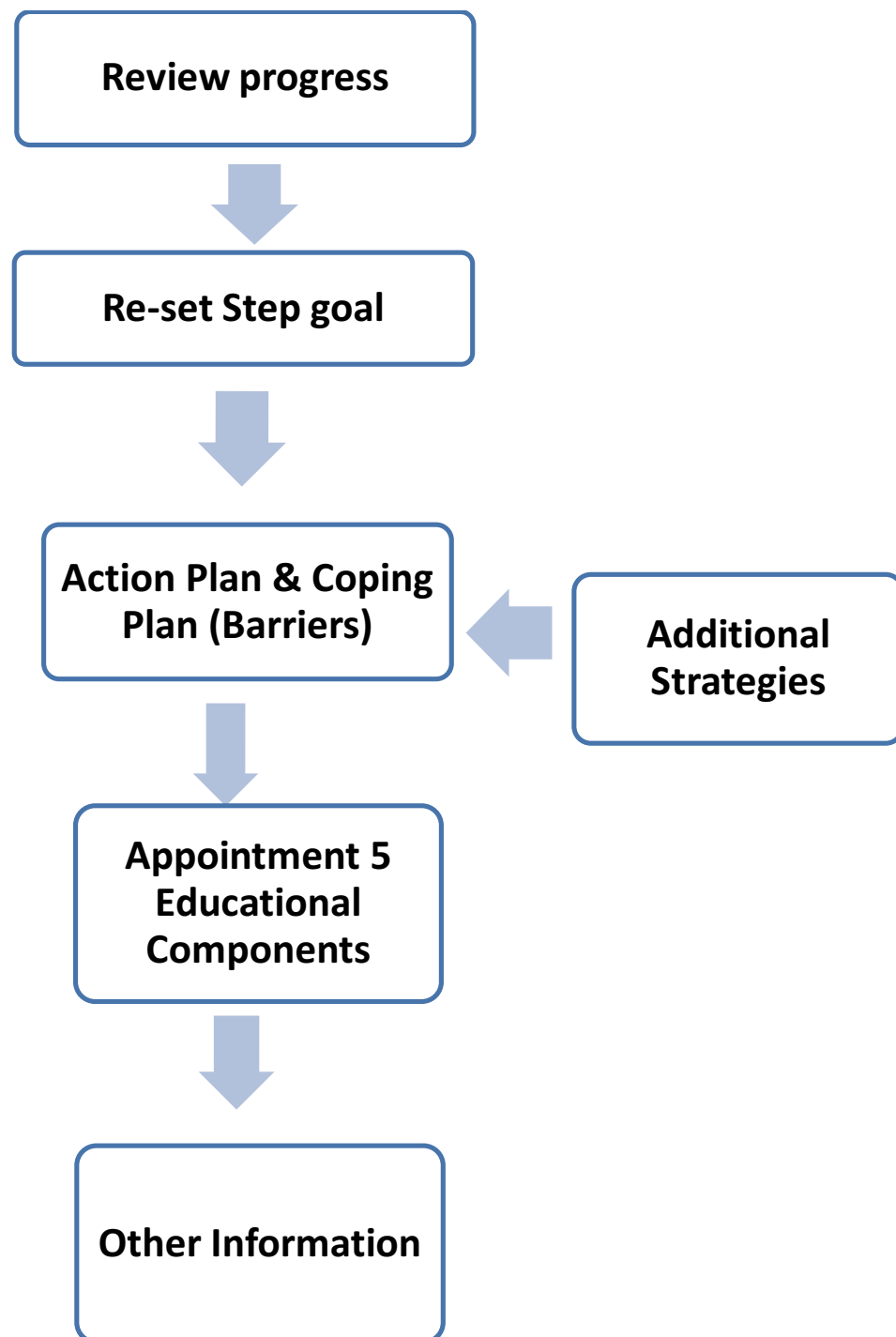
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**Additional Strategies**

**4. Other Information**

## Sign Posting/ Flow diagram Physical Activity Consultation Review Appointment 5



**Physical Activity Consultation Review – Appointment 5**

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?***Report any Adverse Events**

1. **Review progress**  
(Recap on Benefits)

2. **Re-Set Walking Goal**

Step Count inserted from **pedometer (circle agreed walking days)**

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								
Goal met Y/N								

Step goal set last week (days and daily steps)	
Step goal (met; partially met on no. of days; not met)	
Total weekly step count on walking days	
Average daily steps on walking days	
Self-efficacy walk result	

**Remember to cross check pedometer with step diary to ensure correct recording of steps; and check patient can retrieve 7 day memory.**

**Step count calculation**

3. **Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Additional barriers and solutions

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Confidence Level

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

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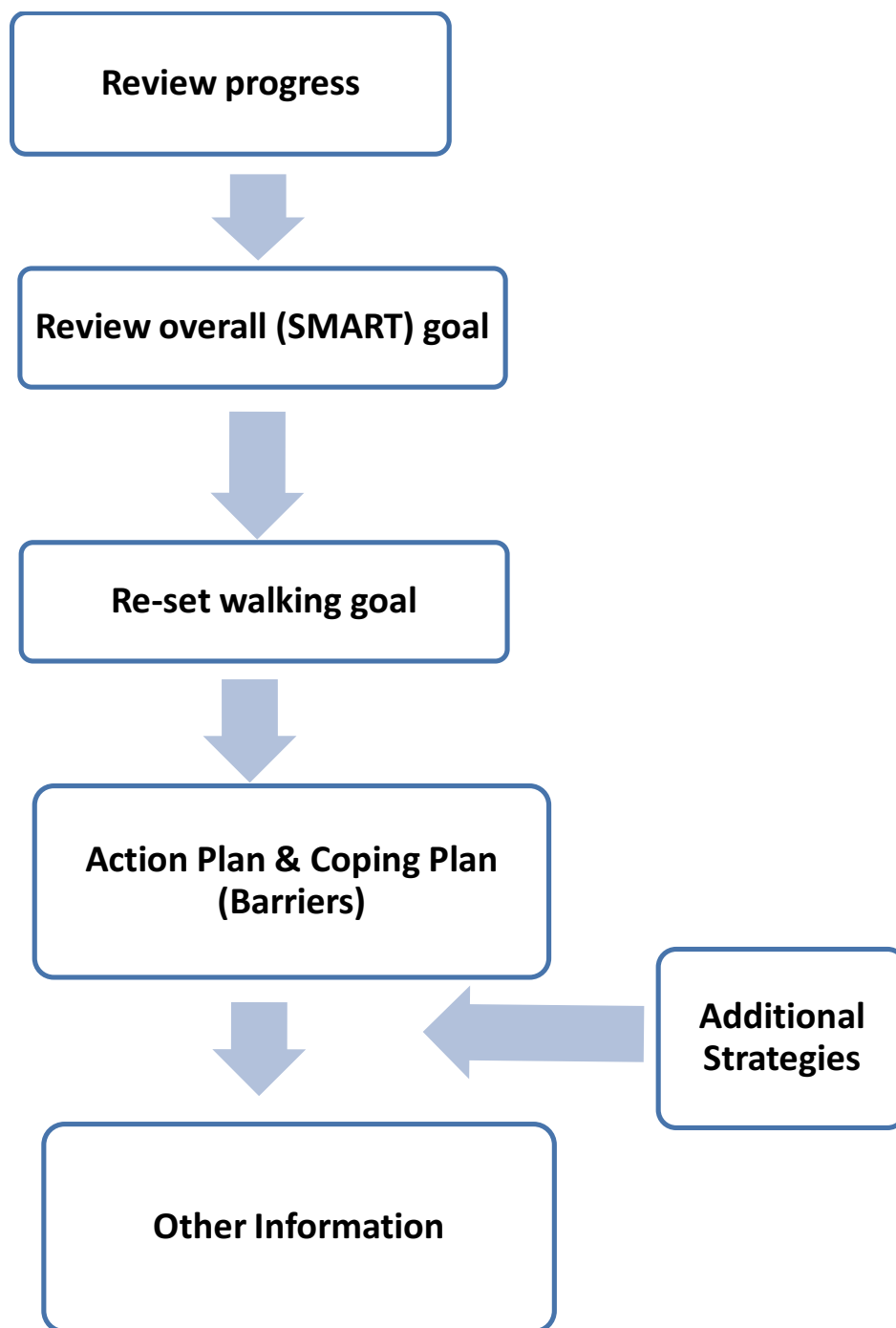
Additional Strategies



Education component

4. Other Information

## Sign Posting/ Flow diagram Physical Activity Consultation Review Appointment 6



**Physical Activity Consultation Review – Appointment 6****Date** \_\_\_\_\_*Has your health state changed in any way since your last visit with us?***Report any Adverse Events****1. Review progress**  
**(Recap on Benefits)**

**Review General Goal** – based on SMART (**S**pecific, **M**easurable, **A**ction orientated, **R**ealistic & relevant , **T**ime based) Concept  
(Assess if realistic/unrealistic/has been met or need a more realistic goal)



**2. Re-Set Walking Goal**

Step Count inserted from **pedometer (circle agreed walking days)**

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								
Goal met Y/N								

<b>Step goal set last week (days and daily steps)</b>	
<b>Step goal (met; partially met on no. of days; not met)</b>	
<b>Total weekly step count on walking days</b>	
<b>Average daily steps on walking days</b>	
<b>Self-efficacy walk result</b>	

**Remember to cross check pedometer with step diary to ensure correct recording of steps; and check patient can retrieve 7 day memory.**

**Step Count Calculation**

3. **Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

1.

2.

3.

4.

5.

6.

Additional barriers and solutions

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Confidence Level

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

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**Additional Strategies**

4. **Other Information**

## Physical Activity Consultation Review – Appointment 7

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?*

**Report any Adverse Events**

1. **Review progress**  
(Recap on Benefits)

## 2. Re-Set Walking Goal

Step Count inserted from **pedometer (circle agreed walking days)**

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								
Goal met Y/N								

Step goal set last week (days and daily steps)	
Step goal (met; partially met on no. of days; not met)	
Total weekly step count on walking days	
Average daily steps on walking days	
Self-efficacy walk result	

**Remember to cross check pedometer with step diary to ensure correct recording of steps; and check patient can retrieve 7 day memory.**

### Step Count Calculation

3. **Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

1.

2.

3.

4.

5.

6.

Additional barriers and solutions

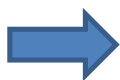
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Confidence Level

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

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**Additional Strategies**

4. **Other Information**

## Physical Activity Consultation Review – Appointment 8

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?*

**Report any Adverse Events**

1. **Review progress**  
(Recap on Benefits)

## 2. Re-Set Walking Goal

Step Count inserted from **pedometer (circle agreed walking days)**

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								
Goal met Y/N								

Step goal set last week (days and daily steps)	
Step goal (met; partially met on no. of days; not met)	
Total weekly step count on walking days	
Average daily steps on walking days	
Self-efficacy walk result	

**Remember to cross check pedometer with step diary to ensure correct recording of steps; and check patient can retrieve 7 day memory.**

### Step Count Calculation

3. **Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

1.

2.

3.

4.

5.

6.

Additional barriers and solutions

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Confidence Level

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

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**Additional Strategies**

4. **Other Information**



## Physical Activity Consultation Review – Appointment 9

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?*

**Report any Adverse Events**

1. **Review progress**  
(Recap on Benefits)

**2. Re-Set Walking Goal**

Step Count inserted from **pedometer (circle agreed walking days)**

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								
Goal met Y/N								

Step goal set last week (days and daily steps)	
Step goal (met; partially met on no. of days; not met)	
Total weekly step count on walking days	
Average daily steps on walking days	
Self-efficacy walk result	

**Remember to cross check pedometer with step diary to ensure correct recording of steps; and check patient can retrieve 7 day memory.**

**Step Count Calculation**

3. **Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

1.

2.

3.

4.

5.

6.

Additional barriers and solutions

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Confidence Level

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

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**Additional Strategies**

4. **Other Information**

**Physical Activity Consultation Review – Appointment 10**

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?***Report any Adverse Events****1. Review progress**  
**(Recap on Benefits)****2. Re-Set Walking Goal**Step Count inserted from **pedometer (circle agreed walking days)**

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								
Goal met Y/N								

Step goal set last week (days and daily steps)	
Step goal (met; partially met on no. of days; not met)	
Total weekly step count on walking days	
Average daily steps on walking days	
Self-efficacy walk result	

**Remember to cross check pedometer with step diary to ensure correct recording of steps; and check patient can retrieve 7 day memory.**

### **Step Count Calculation**

- 3. Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Additional barriers and solutions

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Confidence Level

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

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Additional Strategies

**4. Other Information**

**Physical Activity Consultation Review – Appointment 11**

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?***Report any Adverse Events****1. Review progress**  
**(Recap on Benefits)****2. Re-Set Walking Goal**Step Count inserted from **pedometer (circle agreed walking days)**

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								
Goal met Y/N								

Step goal set last week (days and daily steps)	
Step goal (met; partially met on no. of days; not met)	
Total weekly step count on walking days	
Average daily steps on walking days	
Self-efficacy walk result	

**Remember to cross check pedometer with step diary to ensure correct recording of steps; and check patient can retrieve 7 day memory.**

### **Step Count Calculation**

- 3. Complete Action and Coping Plan** - Include discussion on barriers and insert text used to guide the discussion on solutions. Summarise this information below.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



Additional barriers and solutions

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Confidence Level

(If this is less than 7/10, the goal needs to be discussed and re-set and this confidence measure reassessed)

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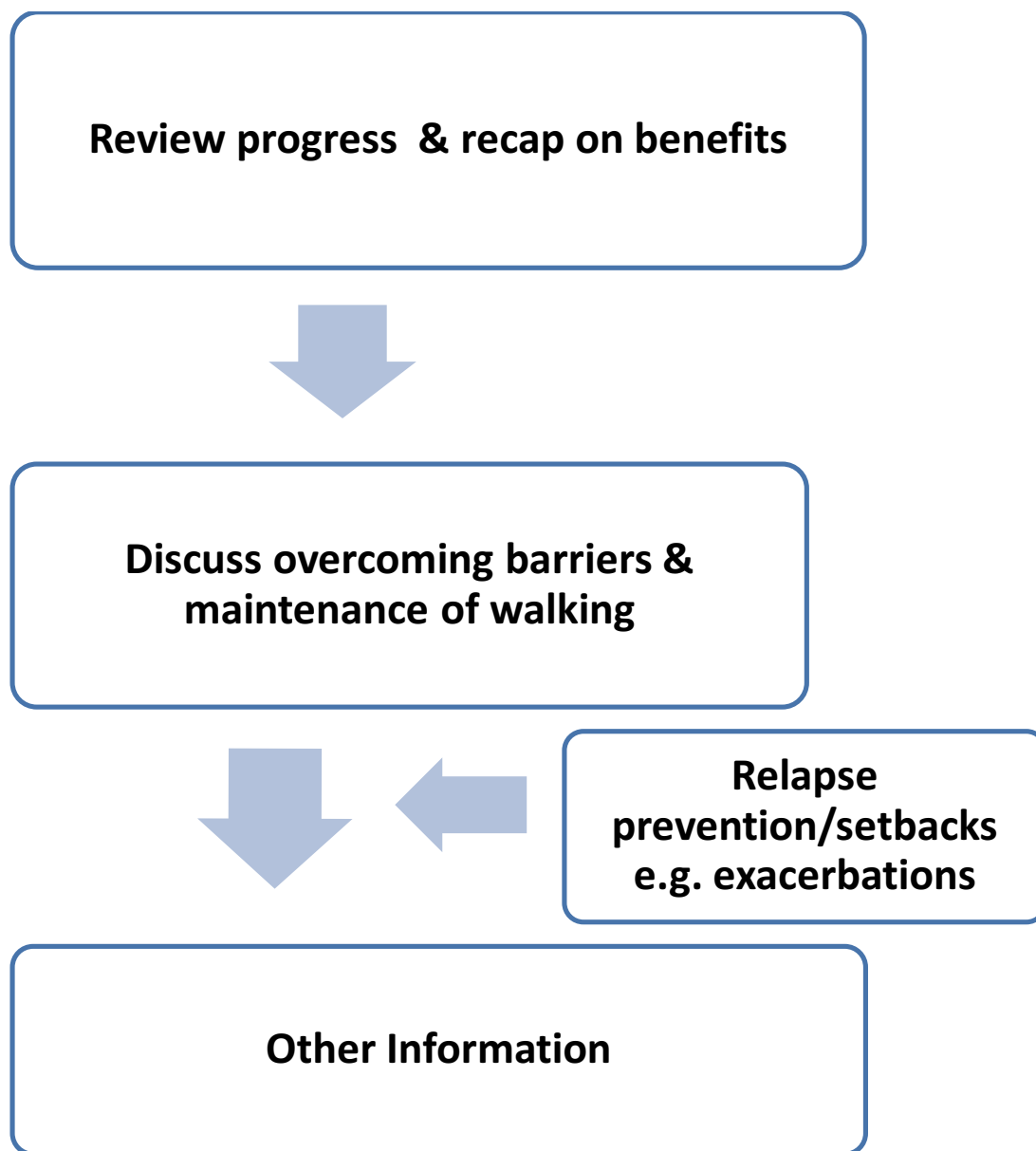
Additional Strategies

**4. Other Information**

**Checklist Appointment 12**

Introduction	
Report on patient's health state & record any AEs	
Patient progress reviewed	
Step count inserted into chart	
Summary of 12 week steps & goal pattern inserted	
Progress from week 1 to recent optimal step count reviewed	
Benefits of walking reinforced	
Personal goal reviewed	
Discuss maintenance strategies	
Summary of barriers & successful strategies inserted	
Additional strategies discussed	
Relapse prevention discussed	
Exacerbation advice given	
Plan for continuing maintenance discussed	
Resources for additional walking given	
Any other information covered inserted in consultation plan	
Complete PAI patient progress summary	

Sign Posting/ Flow diagram Physical Activity Consultation Review Appointment 12



**Physical Activity Consultation– Appointment 12/Maintenance Appointment**

Date \_\_\_\_\_

*Has your health state changed in any way since your last visit with us?***Report any Adverse Events****5. Review progress and Recap on benefits**

- Step Count inserted from pedometer

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps
No. of steps								

- Summary of average daily steps over the 12 week programme (or sooner if applicable)

Week	Average daily number of steps on walking days
1 (familiarisation)	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

- Step pattern including difference between week 1 & final optimum step count

Optimum weekly step count – step count from week 1 = \_\_\_\_\_

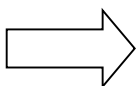
- Reinforce benefits (include health benefits & things they enjoyed about walking)
- Review personal goal set at appointment 2

**6. Discuss Maintenance** – Discuss social support and remind them of the benefits and things they enjoyed about walking.

Insert key strategy/strategies selected for maintenance e.g. a) pedometer, b) timed walking, c) weekly diary, d) monthly diary, e) other strategies for maintaining PA

- Summary of key barriers and key successful strategies for overcoming these

Key barriers over the 12 weeks	Successful strategies for overcoming barriers



**Relapse Prevention**

- Relapse Prevention relating to exacerbations

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- Summarise the plan to maintain walking over the next 3 months

## **7. Other Information**

**LIVELY: Physical activity in COPD Patient Progress Summary.** Please note that the information for goals and average daily steps comes from the previous weeks consultation and patient activity e.g. at week/appointment 6 the clinician documents this information in the chart based on the step goal in week 5 and the subsequent patient activity between week 5 and 6. As week 12 is the last meeting with the clinician it is not possible to include step count data or progress data (unless as in the case of C101 where there was an additional week of contact).

Patient ID													
Week/ Appointment	Baseline	1	2	3	4	5	6	7	8	9	10	11	12
Goals set in previous week													
Avg steps from previous week													
Progress													



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- We would like to thank the people with COPD who kindly contributed to this project and provided their views.

