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| **Co-designing a pre-medical consultation resource to identify and support individuals with breathlessness** |
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| **Introduction/Aim:** Breathlessness is a common symptom in the community but underappreciated in practice. This study aimed to co-design a breathlessness pre-consultation resource to support self-awareness, inform and trigger discussion of breathlessness during consultation. Our previous systematic review has found no freely available materials which assist patients to initiate a consultation regarding their undiagnosed breathlessness.**Methods:** This mixed methods study included (1) qualitative in-depthinterviews with patients and carers experiencing chronic breathlessness from a variety of causes, to understand their needs and receive feedback on existing patient resources relating to major causes of breathlessness (2) co-design process through 7 iterations to refine the content and design of the resource (3) pilot community testing of the developed resource through consumer facing bodies and patient registries.**Results:** Sixty-one consumers, four GPs, three non-GP specialists, two allied health professionals and The George Institute’s Health Communications team contributed to the overall study. Participants identified the importance of routine screening in primary care for breathlessness. Participants requested the inclusion of advice on attending a breathlessness appointment and an emphasis to include messaging on not normalising breathlessness. Based on these findings a breathlessness screener and pre-consultation resource was developed via a 7 round (5 for content and 2 design) iterative process with consumers, clinicians and health communication experts. The resulting resource underwent pilot community testing with most participants providing a score of ≥8 (of 10) on the content and design of the resource.**Conclusion:** Routine active screening within primary care is needed to identify those with breathlessness early to circumvent stigma and normalisation. A co-designed resource was developed to support breathlessness screening and provide support to initiate a consultation. Pilot community testing showed that most participants found this resource to be easily understood. **Grant Support:** This study was supported by a grant from the Sydney Partnership for Health, Education, Research and Enterprise (SPHERE) Seed Grant. AS was supported by a Scientia PhD scholarship from UNSW Sydney. |