



tandem

working together against COPD

Newsletter: PCRS Annual Conference 2018

October



What is TANDEM?

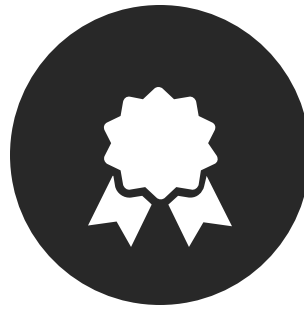
TANDEM is an intervention which aims to support people with moderate to very severe COPD who have symptoms of anxiety or depression. Our aim is to improve psychological well being, quality of life and uptake of pulmonary rehabilitation (PR).

Study participants are offered 6 to 8 sessions of a tailored, one to one, talking therapy based on a cognitive behavioural approach. Elements of self-management support are included.

The TANDEM intervention immediately precedes PR and is delivered by specially trained respiratory health care professionals who receive ongoing supervision by a clinical psychologist.

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Pilot Study completed

A multi-centre pilot study involving 45 patients randomised to best usual care or the TANDEM intervention with follow up at six months was successfully completed in July 2018. The pilot involved five trained facilitators delivering the intervention. A review of digital recordings of every TANDEM session suggested that the intervention was delivered as intended but also informed training for the main trial

A qualitative interview study has been conducted with pilot study patient participants and TANDEM facilitators. The intervention appears to be highly acceptable to patients, and facilitators enjoyed the experience of delivering TANDEM.



Stay in touch!

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<https://goo.gl/JJW8FY>



Main Trial underway

In July 2018 we began recruiting participants for the main trial. Recruitment of the 430 participants will last at least 13 months. The trial will run in 10 trusts and associated CCGs:

- University Hospitals of Leicester NHS Trust
- Leicester Partnership NHS Trust
- University Hospitals Coventry and Warwickshire NHS Trust
- South Warwickshire NHS Foundation Trust
- Sandwell and West Birmingham NHS Trust
- Homerton University Hospital NHS Foundation Trust
- Imperial College Healthcare NHS Trust
- Guy's and St Thomas' NHS Foundation Trust
- Berkshire Healthcare NHS Foundation Trust
- Southern Health NHS Foundation Trust

To date we have trained 24 additional TANDEM facilitators for the main trial.

If you are interested in training as a facilitator and based near a study site please contact us.

