

Abstract

Introduction: Empowerment-based training has been thus far introduced as one of the care plan standards for patients with chronic obstructive pulmonary disease (COPD) in order to, achieve health maintenance and promotion. The present study aimed to investigate the effect of a family-centered empowerment model (FCEM) on quality of life (QoL) in people with COPD.

Method and Materials: In this quasi-experimental study, a total number of 84 male patients with COPD, referred to the Imam Khomeini Hospital in the city of Ardabil, Iran, in Jan to July 2022, were recruited and evaluated in experimental and control groups. The patients accompanied by one of their family members in the experimental group benefited from six Empowerment sessions of 90 minutes, but the control group did not receive any training for this purpose. Before and two months after the intervention, the patients' QoL was assessed via Questionnaire SF-36 in both groups. The data analysis was then performed using the SPSS software (ver. 23) through descriptive and inferential tests.

Result: Considering the significance level of $P < 0.05$. The study results demonstrated no statistically significant difference in QoL and its dimensions before the intervention between the experimental and control groups, but a significant difference was observed in QoL in the patients between both groups after it ($p > 0.05$). Based on the study results, the FCEM-based intervention had a positive effect on QoL in patients living with COPD.

Conclusion: Considering the factors related to improved QoL in people with COPD, the use of this intervention program was thus recommended in order to better promote QoL in such patients.

Keywords: Empowerment, CEM, QoL, COPD.