

## **Understanding the Educational Needs, Preferences and Challenges of People with Chronic Respiratory Disease: ENRICH Survey (NAPCON Jaipur 2025)**

Kanishka Kumar Singh<sup>1</sup>, Rohan Gupta<sup>2</sup>, Vaishali Naik<sup>2</sup>, Meena Lopez<sup>2</sup>, Senthilnathan M<sup>2</sup>, Jaideep Gogtay<sup>2</sup>

<sup>1</sup>Metro Hospitals & Heart Institutes, Delhi; <sup>2</sup>Department of Medical Affairs, Cipla Ltd., Mumbai.

**Background:** Chronic respiratory diseases (CRD) pose a major health burden in India, significantly affecting patients' quality of life. It is important to understand educational needs and preferences of patients to improve self-care and adopt personalized treatment approaches.

**Objective:** To understand educational needs, preferences and challenges of people with CRD

**Methods:** A digital survey was conducted via Breathefree app and QR code enabled access to the structured questionnaire at OPD clinics across India among CRD patients/caregivers. Data was analyzed descriptively.

**Results:** 250 individuals (84% patients, 16% caregivers) who completed this survey were considered for this interim analysis. Mean patient age was 37.68±17.01 years, 59.6% were males. Asthma was the most common diagnosis (62.8%) followed by COPD (21.2%). 37.6% participants reported having “poor” or “fair” knowledge of their respiratory conditions. Although 69.6% of patients reported healthcare professionals (HCPs) as their main source of education, 50.4% of patients reported receiving less than 10 minutes of explanation about their health conditions from HCPs. 74% of participants reported having used a mobile application for managing respiratory conditions and 60% found them helpful; most preferred app features included breathing exercises (60.8%) and doctor consultations assistance (42.4%). 48% of patients reported that their inhaler technique was not reviewed regularly, though 56.02% reported feeling ‘very confident’ that they were using their inhaler correctly. Only 43% patients had a clear action plan for symptom worsening and 43.60% reported feeling ‘very confident’ about preventive measures (vaccination and lifestyle changes). 51% of participants believed education greatly influenced their ability to manage their condition. Preferred patient education components included disease understanding (51.6%), breathing exercises (41.2%), diagnostic tests (40.8%) and inhaler techniques (39.2%). Demonstrations with pictures/model/graphics were the most preferred format for patient education, followed by verbal explanation from HCPs (40% and 30.4% respectively).

**Conclusion:** The survey demonstrates the need for patient education in an engaging visual/graphical format focused on disease awareness, diagnostic tests, breathing exercises, and inhaler use.