

### 8.08 Impact of a COPD Outreach Program on Patient Admissions and Bed Days: A Retrospective Analysis

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**Background:** Chronic Obstructive Pulmonary Disease (COPD) is a leading cause of morbidity and hospitalisations, significantly straining healthcare resources. This study evaluates the effectiveness of a COPD Outreach Program in reducing patient admissions and bed days during and after its implementation. **Methods:** A retrospective cohort study was conducted on 38 COPD patients who completed the outreach program. Data was collected for pre-, during, and post-program. Statistical analyses included paired t-tests and repeated measures ANOVA, with effect sizes calculated using Cohen's d and partial eta squared. **Results:** Admissions decreased from 1.68 pre-program to 0.37 during the program ( $p < 0.0001$ , Cohen's  $d = 1.46$ ). Post-program admissions increased to 0.71, remaining lower than pre-program levels. Bed days dropped from 10.39 to 3.08 during the program ( $p < 0.0001$ ), increasing to 5.39 post-program. ANOVA showed significant differences across periods (admissions:  $F = 19.49$ ,  $p < 0.0001$ ,  $\eta^2 = 0.26$ ; bed days:  $F = 4.65$ ,  $p = 0.0115$ ,  $\eta^2 = 0.077$ ). **Conclusions:** The Outreach Program reduced admissions by 78% and bed days by 70%, demonstrating a strong impact on healthcare utilisation. The program's suspension due to staff shortages led to a 92% and 75% increase in admissions and bed days, respectively, underscoring the value of continued outreach efforts. **Conflict of Interest:** The authors declare that they have no conflict of interest.