

# Digital technologies to support self-management of COPD: early value assessment

Information for the public

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[www.nice.org.uk](http://www.nice.org.uk)

NICE has said that the following digital technologies can be used in the NHS to support adults to manage their chronic obstructive pulmonary disease (COPD) themselves:

- Clinitouch
- COPDhub
- Luscii
- myCOPD.

These technologies can only be used once they have appropriate regulatory approval, including Digital Technology Assessment Criteria (DTAC) approval from NHS England.

The NHS is collecting more evidence for these technologies. You might be asked if details of your treatment can be collected as evidence. You can ask your healthcare professional about how your information will be stored and used.

NICE has said that the standalone Doccla WellGuide patient app can be used only as part of a research study to support adults to manage their COPD themselves.

These digital technologies can help people manage their COPD in several ways, including:

- educating about COPD
- providing an individualised plan, including exercises, to help manage COPD
- tracking and monitoring COPD symptoms
- communicating with healthcare professionals.

## Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options, and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on making decisions about your care](#).

## Questions to think about

- How well does it work compared with other ways of managing COPD?
- What are the risks? How likely are they?
- How will using a digital technology affect my day-to-day life?
- What happens if using a digital technology to self-manage COPD does not work?
- What happens if I do not want to use a digital technology? Are there other ways of managing COPD available?
- How will my information be used, if it is collected?

## Information and support

The [NHS webpage on COPD](#) may be a good place to find out more.

[Asthma and Lung UK](#), 0300 222 5800, can give you advice and support.

You can also get support from your local [Healthwatch](#).

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