



# Walk2Bactive: Patients' perspectives of a physical activity-focused intervention beyond pulmonary rehabilitation in COPD

Joana Cruz, Dina Brooks, Alda Marques

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## Abstract

In the last decade, several physical activity (PA)-focused interventions complementary to pulmonary rehabilitation (PR) have been developed in Chronic Obstructive Pulmonary Disease (COPD). A randomised controlled trial including self-monitoring with pedometers and goal setting showed promising results.<sup>1</sup> Before implementing this intervention in a larger scale, patients' perspectives should be considered as they may provide important findings for future research. This study explored patients' perspectives of a PA-focused intervention beyond PR in COPD.

13 patients with COPD completed a PA-focused intervention during PR (3 months) and follow-up support (3 months).<sup>1</sup> The intervention included a Health contract and calendar where patients registered step-count goals and objective feedback provided by pedometers. Two focus groups were conducted after the intervention to assess patients' perspectives of their participation (n=11, 69.2±6.9yrs, FEV1=69.4±32.9pp).

Patients' perspectives were largely positive (n=10), except for one patient which was in the most severe COPD grade. Patients emphasised the importance of step-count goals (n=6), professional support (n=4) and social support (n=2) to motivate PA behaviour change. They reported a positive impact on their health (n=5) and lifestyle (n=4). Nevertheless, they underlined the need for on-going support (n=7) and regular PR sessions to optimise benefits (n=5).

The PA-focused intervention was valuable to patients with COPD, although regular support and PR sessions may be needed to sustain the benefits. Disease severity may be a factor of non-adherence. Future research is needed.

<sup>1</sup>Cruz J. et al. Chron Respir Dis 2016;13:57-66.

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