



Outcomes in exercise-based interventions in interstitial lung diseases

Ana Luisa Araújo Oliveira, Razanne Habash, Alda Marques, Dina Brooks

European Respiratory Journal 2020 56: 3235; DOI: 10.1183/13993003.congress-2020.3235

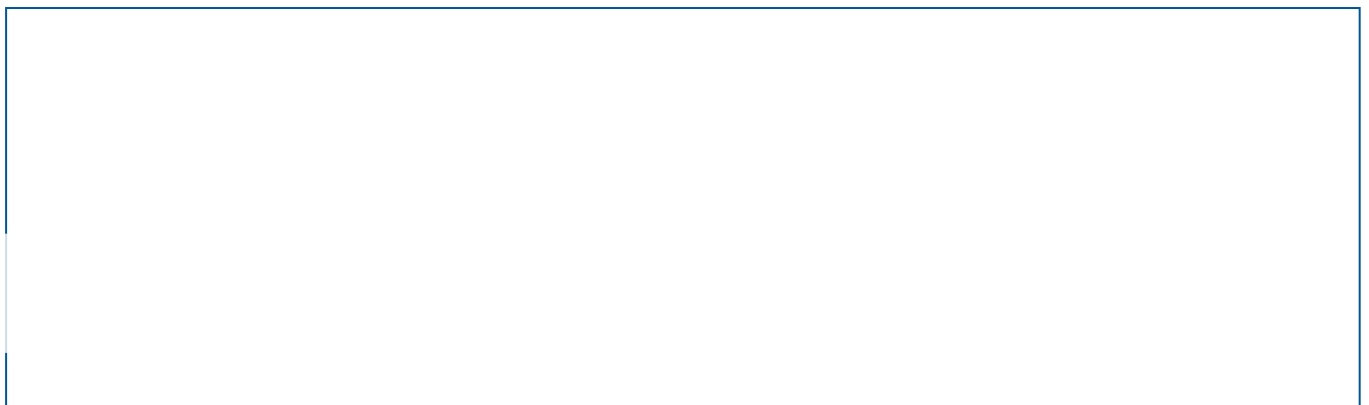
[Article](#)[Figures & Data](#)[Info & Metrics](#)

Abstract

The effect of exercise-based interventions, such as pulmonary rehabilitation, in interstitial lung diseases (ILD) is unclear. Reasons include inadequate reports of studies' methods, which make the interpretation of results across trials challenging. A core outcome set to be used in clinical trials enrolling patients with ILD was published in 2014 (Saketkoo et al. *Thorax*, 2014, 69.5: 436-44). However, its use by trials in exercise-based interventions is unknown. We reviewed the outcomes most used in clinical trials exploring exercise-based interventions in ILD.

Pubmed, Web of Science, Scopus and EBSCO were searched until August 2019. Randomized controlled trials exploring the effects of exercise-based interventions in patients with ILD were included. Title, abstract and full text were screened by 2 researchers independently and consensus was reached.

The search strategy resulted in 10010 possibly eligible articles. After comprehensive screening, 15 were withheld for data extraction. Patient-reported and clinical outcomes and measures found are in figure 1.



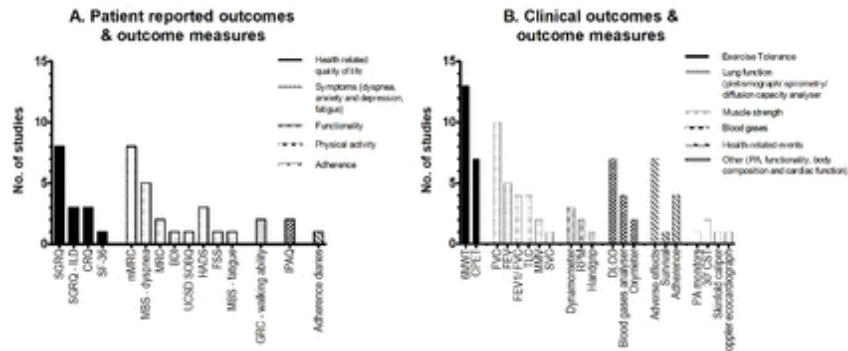


Figure 1. A. Patient reported and B. Clinical outcomes and outcome measures in clinical trials exploring the effects of exercise-based interventions in interstitial lung diseases.

Legend: BDI, baseline dyspnea index; CRQ, Chronic respiratory questionnaire; FSS, fatigue severity scale; GRC, global rating of change scale; HADS, Hospital anxiety and depression scale; ILD, interstitial lung disease; IPAQ, International Physical Activity Questionnaire; MBS, modified Borg scale; mMRC, modified medical research council dyspnea scale; SF-36, short-form 36; SGRQ, St. George respiratory questionnaire; UCSD SOBQ, University of California San Diego–Shortness of Breath Questionnaire; 6MWT, six-minute walk test; 30'CST, 30-seconds chair stand test; CPET, cardiopulmonary exercise test; DLCO, diffusing capacity for carbon monoxide; FEV1, forced expiratory volume in 1 second; FVC, forced vital capacity; MMV, maximal minute ventilation; SVC, slow vital capacity; TLC, total lung capacity.

[Download figure](#)

[Open in new tab](#)

[Download powerpoint](#)

Inconsistencies between the core outcome set and trials' reports were found for the use of imaging (recommended-not used), exercise tolerance (used-not recommended) and cough (recommended-not used) outcomes and measures. A specific core outcome set for clinical trials exploring exercise-based interventions, including pulmonary rehabilitation, in patients with ILD may be needed.

[Idiopathic pulmonary fibrosis](#) [Physiotherapy care](#)

Footnotes

Cite this article as: European Respiratory Journal 2020; 56: Suppl. 64, 3235.

This abstract was presented at the 2020 ERS International Congress, in session "Respiratory viruses in the "pre COVID-19" era".

This is an ERS International Congress abstract. No full-text version is available. Further material to accompany this abstract may be available at www.ers-education.org (ERS member access only).

Copyright ©the authors 2020

We recommend

Veracyte Secures NY State Approval for Genomic Classifier Test for Lung Disease

Patients profile and pulmonary rehabilitation in interstitial lung disease

Genevieve Courteau Godmaire et al., European Respiratory Journal, 2018

Evidence for pulmonary rehabilitation in chronic respiratory diseases in sub-Saharan Africa: a systematic review

Fanuel Bickton et al., European Respiratory Journal

The effect of inspiratory muscle training in interstitial lung diseases

Mária Kerti et al., European Respiratory Journal, 2020

Pulmonary rehabilitation in interstitial lung diseases compared with chronic obstructive pulmonary disease

Rebeca Martins Natal et al., European Respiratory Journal, 2019

Six-Minute Walk Test in Interstitial Lung Disease : various outcomes for various causes

Khadija Ayed et al., European Respiratory Journal

360Dx, 2019

Potential benefits of precise corticosteroids therapy for severe 2019-nCoV pneumonia

Wei Zhou et al., Signal Transduction and Targeted Therapy, 2020

Human umbilical cord-derived mesenchymal stem cell therapy in patients with COVID-19: a phase 1 clinical trial

Fanping Meng et al., Signal Transduction and Targeted Therapy, 2020

A new nucleosomic-based model to identify and diagnose SSc-ILD

Julien Guiot et al., Clin Epigenetics, 2020

Multi-Gene Panel Testing Finds Pathogenic Variant Carriers Missed Under Current Testing Guidelines

Precision Oncology News, 2019

Powered by **TREND MD**

I consent to the use of Google Analytics and related cookies across the TrendMD network (widget, website, blog). [Learn more](#)

Yes

No

[← Previous](#)

[^ Back to top](#)

Vol 56 Issue suppl 64 [Table of Contents](#)

[Table of Contents](#)

[Index by author](#)

[✉ Email](#)

[📣 Alerts](#)

[🌐 Citation Tools](#)

[© Request Permissions](#)

[↪ Share](#)

Jump To

[● Article](#)

[● Figures & Data](#)

[● Info & Metrics](#)



Tweet

Like 0



More in this TOC Section



Related Articles

No related articles found.

[Google Scholar](#)

Navigate

- [Home](#)
- [Current issue](#)
- [Archive](#)

About the ERJ

- [Journal information](#)
- [Editorial board](#)
- [Reviewers](#)
- [CME](#)
- [Press](#)
- [Permissions and reprints](#)
- [Advertising](#)

The European Respiratory Society

- [Society home](#)
- [myERS](#)
- [Privacy policy](#)
- [Accessibility](#)

ERS publications

European Respiratory Journal

ERJ Open Research

European Respiratory Review

Breathe

ERS books online

ERS Bookshop

Help

Feedback

For authors

Instructions for authors

Submit a manuscript

ERS author centre

For readers

Alerts

Subjects

Podcasts

RSS

Subscriptions

Accessing the ERS publications



Contact us

European Respiratory Society

442 Glossop Road

Sheffield S10 2PX

United Kingdom

Tel: +44 114 2672860

Email: journals@ersnet.org

ISSN

Print ISSN: 0903-1936

Online ISSN: 1399-3003