



iLiFE-Lifestyle Integrated Functional Exercise for people with interstitial lung disease: the experience of patients

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Abstract

People with interstitial lung disease (ILD) present lower levels of physical activity (PA) and spend most of their time at home, especially at advanced stages of the disease. Home-based PA programmes in this population are unknown. A home-based PA programme (Lifestyle Integrated Functional Exercise for people with ILD-iLiFE), embedded in patients' daily routines, was developed and implemented. This study aimed to explore patients' experiences from iLiFE.

Semi-structured interviews with people with ILD who participated in iLiFE were conducted immediately after the intervention. Interviews were audio-recorded, transcribed in full and analysed by deductive thematic analysis using the Web Qualitative Data Analysis software.

Nine patients (5♀, 77±3y; FVCpp 77.1±4.4, DLCOpp 42.4±6.6) participated. For participants, iLiFE contributed to (re)gain control in their daily life, namely through improving their well-being, functional status and motivation. Weather, symptoms, physical impairments and lack of motivation were identified as threats to keep an active lifestyle (Fig. 1).

This study highlights that iLiFE, an innovative and patient-centred home-based PA programme, is meaningful for people with ILD and empowers them in their daily management. Identified threats may contribute to improve

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