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**Title:** The effectiveness of a home-based pulmonary rehabilitation program (PRP) in people with COPD

Mrs. Ana 14627 Schippers ana.schippers@sswahs.nsw.gov.au <sup>1</sup>, Dr. Sarah 14628 Dennis s.dennis@unsw.edu.au <sup>2</sup>, Ms. Christy 14629 Bruce christy.bruce@sswahs.nsw.gov.au <sup>1</sup>, Mrs. Kim 14630 Nguyen Kim.nguyen@sswahs.nsw.gov.au <sup>1</sup>, Ms. Serena 14631 Hong serena.hong@sswahs.nsw.gov.au <sup>1</sup> and Mr. Matthew 17365 Jennings matthew.jennings@sswahs.nsw.gov.au <sup>1</sup>. <sup>1</sup> Physiotherapy Department, Liverpool Hospital, Liverpool, NSW, Australia, 2170 and <sup>2</sup> UNSW Research Centre for Primary Health Care and Equity, University of NSW, Sydney, NSW, Australia, 2052 .

**Body:** Background: PRP has been shown to be one of the most effective interventions for COPD. However several barriers has limited participation. To overcome some of these barriers a Home-Based PRP was offered to people were unable to attend the Hospital-Based PRP. Aim: To assess the effectiveness of a Home-Based PRP in improving exercise capacity and quality of life in people with COPD unable to attend the Hospital-Based PRP. Methods: A retrospective review of patients recruited to a Home-Based PRP at Liverpool Hospital between January 2009 and November 2010. 6MWT and SGRQ were used. Data analysed by SPSS using the Paired T-Test. Results: 67 patients were recruited with an average age of 72 years. Of these 33% completed the PRP and post PRP assessment, and 30% completed the 12-month post PRP follow-up. At post-PRP 6MWT improved by 36.7m P<0.001 and SGRQ improved by 9.5% P=0.003. At 12-months (compared to baseline) post-PRP 6MWT was -12.6m P=0.5 and SGRQ improved by 3.5% P=0.4. Difference in outcomes between males and females were also noted as outlined in the table.

Outcomes Male vs Female

	Males: Outcomes Mean Difference Compared to Baseline		Females: Outcomes Mean Difference Compared to Baseline	
	Training Completion	12-Month Post Training Completion	Training Completion	12-Month Post Training Completion
6MWT (m) MID=35	49.4 (35) P=0.001	25.5 (61) P=0.47	26 (39) P=0.04	-29.6 (67) P=0.22
SGRQ (%) MID=4	16 (8) P<0.001	3 (12) P=0.66	3 (15) P=0.52	-6.6 (15) P=0.25

MID: minimal important difference. Data are presented as mean (SD)

Conclusions: A Home-Based PRP can be a suitable alternative for patients who are unable to attend a Hospital-Based PRP. However, a RCT with appropriate sample size would be required.