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Title: An effect of the home-based rehabilitation programme following the outpatient rehabilitation programme in patients with pulmonary sarcoidosis

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Body: Background Definition of the pulmonary rehabilitation (PR) precisely describes how such a programme should be established and what parts should be included. However, success in completing the programme should motivate patients to keep at it and thus to prolong the beneficial effect of it. Aim To evaluate an effect of a 6-week home-based PR following a 6-week outpatient PR on health status and health-related quality of life (HRQL) in patients with pulmonary sarcoidosis (PS). Methods There were 18 patients with PS (mean age 50.3±13.3) recruited to the PR programme. The assessments included lung function tests, maximal inspiratory (MIP) and expiratory (MEP) mouth pressures, chest expansion, 6-minute walk test (6MWT) and HRQL using the Sarcoidosis Health Questionnaire. Patients underwent a 6-week outpatient PR followed by a 6-week home-based PR programme, which both consisted of respiratory physiotherapy and regular physical activity training. Results Baseline data showed decreased breathing muscle strength (MIP 89 %, MEP 65 %), limited chest expansion and relatively normal results in 6MWT (105 % of predicted). Completing outpatient PR programme induced statistically significant changes in all measured parameters but lung function tests. Further significant improvement was observed in MIP during the following home-based PR programme. Conclusion Achieved improvements of the 6-week outpatient PR remained also after the 6-week home-based PR and therefore patients should be encouraged in continuing the PR programme at home. Supported by grants of the Palacky University – FTK_2011:010, FTK_2012:023.