

European Respiratory Society Annual Congress 2012

Abstract Number: 3823

Publication Number: 2839

Abstract Group: 9.2. Physiotherapists

Keyword 1: Smoking **Keyword 2:** Physical activity **Keyword 3:** Education

Title: Comparison of two strategies using pedometers to counteract physical inactivity in smokers

Ms. Juliana 22656 Zabatiero juzabatiero@yahoo.com.br¹, Mrs. Demétria 22657 Kovelis dkovelis@yahoo.com.br¹, Ms. Karina Couto 22658 Furlanetto ka_furlanetto@hotmail.com¹, Mr. Leandro Cruz 22659 Mantoani leandromantoani@yahoo.com.br¹, Ms. Mahara 22660 Proença maharaproenca@gmail.com¹ and Dr. Fabio 22661 Pitta fabiopitta@uol.com.br¹. ¹ Laboratory of Research in Respiratory Physiotherapy (LFIP), Department of Physiotherapy, Universidade Estadual de Londrina (UEL), Londrina, PR, Brazil .

Body: Objective: To compare the effects of two different 5-month protocols using pedometers and informative booklets to increase physical activity in daily life (PADL) in smokers who reach or not 10000 steps/day in daily life. Methods: PADL level was assessed at baseline (A1), and subjects were randomly assigned to two groups: booklet+pedometer (GB+P; n=13), which started the protocol receiving a booklet with encouragement to walk as much as possible in everyday life; or pedometer+booklet (GP+B; n=18) which started the protocol wearing a pedometer aiming to achieve 10000 steps/day; both for 1 month. PADL was re-assessed (A2), and the interventions were crossed-over for 1 month, followed by PADL reassessment (A3). After A3, both groups used pedometers for 3 months aiming to reach 10000 steps/day, and final PADL assessment was performed (A4). For the analysis, each group was subdivided according to baseline PADL as physically active or inactive, according to have reached or not 10000 steps/day at baseline. Results: The physically active subgroups of GB+P and GP+B showed no change in steps/day. The physically inactive subgroup of GP+B significantly increased steps/day at A2 and maintained this increase until A4. The physically inactive subgroup of GB+P initially increased to a lesser extent, reaching borderline statistical significance at A2 and A3 (p=0.06) and statistically significant increase only at A4 (p=0.02). Conclusions: Both strategies were effective in increasing the number of steps/day in physically inactive smokers after 5 months, although the increase was more quickly obtained in smokers who used pedometers as the first intervention.