

# European Respiratory Society Annual Congress 2012

**Abstract Number:** 1255  
**Publication Number:** P4763

**Abstract Group:** 1.2. Rehabilitation and Chronic Care

**Keyword 1:** Physical activity **Keyword 2:** Exercise **Keyword 3:** No keyword

**Title:** Self-reported determinants of physical activity in COPD patients

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**Body:** Introduction: COPD patients demonstrate reduced levels of daily physical activity compared with healthy controls<sup>1</sup>. This results in a higher risk of hospital admission and shorter survival<sup>2</sup>. Performing regular physical activity, reduces the risk of both COPD-related hospital admissions and mortality. Aim: There is a lack of knowledge in the personal factors that determine whether a person is motivated to be physically active. Which factors cause patients to stay at home and which factors motivate them to be active? Methods: We developed an online survey using www.surveymonkey.com which was posted on the patient forum of the Dutch Asthma Foundation and on COPD group sites of Hyves, a Dutch friend based site. The questionnaire was online from Oct. 23rd '09 till Jan. 12th '10. Results: In total 192 COPD patients started the survey and 116 completed (60%). 66% were women and average age was 59±11 years. GOLD grades 1-4 were distributed as 18%, 31%, 32% and 19%, respectively. The top 3 of factors mentioned that stimulate physical activity was: 1. improvement of physical health, 2. the type of physical activity and 3. weather conditions. Demotivating factors were: 1. weather conditions, 2. tiredness and 3. dyspnea. Conclusion: Most respondents are aware that physical activity influences their physical health. Awareness of the reasons for taking on an action is important in motivating oneself to conduct it. Knowing which factors influence patients to be physically active could be used as predictors for, or to influence physical activity in COPD patients. references 1. Vorrink et al. Resp. Res. 2011, 12:33 2. Pitta et al. Eur Respir J. 2006 May;27(5):1040-55.