

European Respiratory Society Annual Congress 2012

Abstract Number: 3627

Publication Number: 4340

Abstract Group: 1.6. General Practice and Primary Care

Keyword 1: COPD - management **Keyword 2:** Physiotherapy care **Keyword 3:** Rehabilitation

Title: Adherence to a maintenance exercise programme 1 year after pulmonary rehabilitation: What are the predictors of drop-out?

Ms. Ankie 20962 Heerema-Poelman a.heerema@cvr.umcg.nl , Dr. Johan 20963 Wempe j.b.wempe@cvr.umcg.nl MD and Dr. Ilse 20964 Stuive i.stuive@cvr.umcg.nl . ¹ Centre for Rehabilitation, University Medical Center, Groningen, Netherlands .

Body: Objective: To study adherence to a maintenance exercise programme in patients with COPD, who had been following a pulmonary rehabilitation programme. Methods: 70 patients with COPD were included in the study after completing the rehabilitation programme. All were referred to an community-based maintenance exercise programme. Adherence was assessed by open questionnaire after 6 and 12 months and lung function, exercise capacity, exercise self-efficacy, illness perceptions, health related quality of life, levels of anxiety and depression, duration of rehabilitation and number of exacerbations were studied as possible predictors of (non-)adherence. Results: Ten patients died or were lost to follow-up. Of the remaining 60 patients, 73.3 and 63.3% were adherent to the exercise programme after 6 and 12 months, respectively. FEV1 ($p=0.021$), HADS depression score ($p=0.025$) and duration of rehabilitation ($p=0.018$) were statistically significant predictors of adherence. Conclusion: Adherence to a maintenance exercise programme, after having followed a pulmonary rehabilitation course, is quite reasonable for patients with COPD: about one third drops out during the first year. A poorer lung function, a longer rehabilitation course, and higher level of depressive symptoms are predictive for drop-out. Practice Implications: To improve adherence to a maintenance programme, special attention should be paid to patients with lower FEV1, those with signs of depression or in need of a longer rehabilitation.