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Web-based intervention to increase physical activity in COPD patients: a pilot study

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Abstract

Introduction: Web-based interventions promoting physical activity in Chronic Obstructive Pulmonary Disease (COPD) patients have great potential to avoid a deconditioning spiral. Nevertheless, their effectiveness remains to be demonstrated.

Aims and objectives: To develop a personalized web-based intervention inserted in a hybrid approach to promote physical activity in COPD patients.

Methods: Single-center pilot study. An RCT will be conducted in a pulmonary rehabilitation center in French-speaking Switzerland. The control group will participate in the already existent traditional rehabilitation program (PR) and the experimental group will be added a digital component based on the Theory of Self-Care of Chronic Illness, the Self-Determination Theory of human motivation and the behavioral change techniques taxonomy, as a complement of the PR program. Patients will be recruited during their hospitalization. Acceptability and feasibility outcomes will be assessed and the number of daily steps, quality of life, number of exacerbations and hospitalizations.

Results: The program's conception began in 2023 and the recruitment will start in September 2024.

Conclusion: Given the progression of the disease in the coming years and the overload of the healthcare system, the use of a web-based intervention inserted in a hybrid approach may be an added value for the functional maintenance of COPD patients. This pilot study should help to support the potential effectiveness of a theory-driven web-based intervention based on a taxonomy of behavioral change techniques on increasing physical activity.

Physical activity COPD - management Quality of life

Footnotes

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