

Promotion of physical activity after hospitalization for COPD exacerbation: A randomized control trial

Methods

12-week physical activity promotion program (IG)



Motivational Interview



Weekly calls



Pedometer with steps goals



Calendar

VS

Usual care (CG)

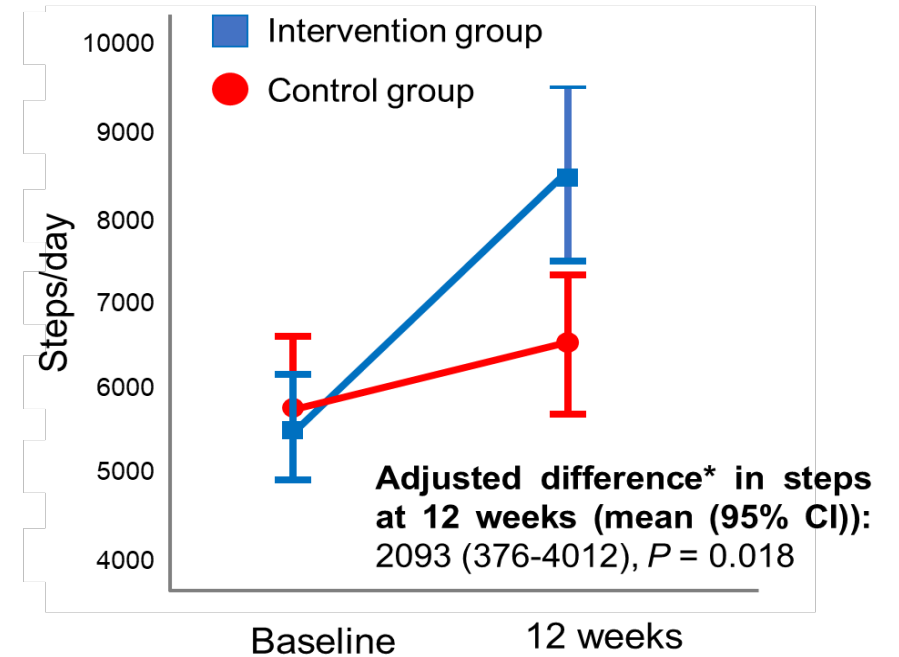
Results



43 COPD patients (20 IG, 23 CG), 66 years old, 74% male, 8 days hospitalization.



Baseline (1 week after discharge): FEV₁ 46%, mMRC 1, 6MWD 428m, 5676 steps/day.



Conclusion

After hospitalization for a COPD exacerbation, a patient-tailored physical activity program based on a motivational interview and the use of pedometers, with progressive and customized targets, improved the number of steps/day.