|  |
| --- |
| Preferences regarding telehealth exercise interventions for adults with cystic fibrosis  |
| Megan Poulsen*1*, Anne E Holland1,2,3, Brenda Button1,4, Arwel W Jones2 |
| *1 Department of Physiotherapy and Respiratory Medicine, Alfred Health, Victoria, Australia* *2 Respiratory Research@Alfred, Central Clinical School, Monash University, Victoria, Australia* *3 Institute for Breathing and Sleep, Victoria, Australia* *4 Department of Medicine, Nursing and Health Science, Monash University, Victoria, Australia* |
| Introduction/Aim: Physical activity and exercise are key components in the management of cystic fibrosis (CF). Completing exercise programs online may mainimise the risk of cross infection and increase access for people with CF. This study aimed to understand the perspectives of people with CF regarding intervention content for a telehealth exercise program.Methods: Individual semi-structured qualitative interviews were conducted in adults with CF purposefully sampled for age, disease severity and social demographics. Interviews were recorded, transcribed verbatim and analysed thematically by two researchers independently.Results: Participants were 23 adults with CF (14 females,) aged from 21 to 60 years. Three major themes (sub-themes) were generated: “Personalising components to an exercise program” (customising an exercise program to the individual person and their unique health and exercise needs, enjoyment and variety of exercise activities, accessibility and exercise fitting around competing demands or commitments), “The importance of maintaining connections” (challenges regarding face-to-face interactions for people with CF, accountability of scheduled exercise sessions with others, shared experiences between people with CF and specialist support from the CF care team), and “Monitoring health and exercise” (perception of health status and monitoring and recording exercise participation and health). Conclusion: This study provides important information regarding the preferences of adults with CF for telehealth exercise interventions. Interventions should be tailored to the individual person with CF, include an opportunity to maintain connections with peers and the CF multidisciplinary team, and provide a method to monitor progress over time. Grant Support: N/A Declaration of conflicting interests: The authors have no conflicts of interest to declare with respect to this research projectKey Words:Physiotherapy, physical therapy, telerehabilitation, online exercise, co-design, patient collaboration |
|  |