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| **Navigating the COVID-19 pandemic: Experiences and self-management approaches adopted by people with interstitial lung disease** |
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| **Introduction/Aim:** People with interstitial lung disease (ILD) were deemed more vulnerable to the SARS-CoV-2 virus and isolated as a means of reducing risk of infection. This study examined the impact of the pandemic on daily life, psychological wellbeing and access to healthcare and identified approaches undertaken to remain safe**.**  **Methods:** Four specialist clinics in tertiary centres in Australia (Victoria:2 sites; New South Wales: 1 site; Western Australia: 1 site) recruited patients with ILD during an 8-week period from March 2021. Semi-structured telephone interviews were conducted with transcripts analysed using principles of grounded theory.  **Results:** 90 participants were interviewed between April and December 2021. Participants were predominantly female, former smokers with an average age of 66 years. IPF and connective tissue-ILD being the most common subtypes. Five main themes were identified: vulnerability; reduced social interaction and isolation, access to healthcare services and support, staying active; emotional and psychological impact. Self-management strategies included staying active both physically and mentally.  **Conclusion:** Self-management was key to managing the impact of the pandemic. In combination with advances in technology, implementation of strategies for monitoring wellbeing and support for self-management provides an opportunity to leverage the lessons learnt to ensure a more individualised model of care for people with ILD.  **Acknowledgements:** The study acknowledges the time and contribution of all participants who shared their lived experiences on which the study findings are based.  **Grant Support:** NHMRC Centre of Research Excellence in PF (GNT1116371 |