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| **SingINg For breathing in COPD aNd ILD pAtients: longitudinal qualitative interview study** |
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| **Introduction:**In response to the COVID-19 pandemic, many international singing for lung health programs transitioned from in-person to online delivery to enable wider participation. There is insufficient evidence regarding the accessibility and effectiveness of these online programs for participants. “SINFONIA: A clinical trial examining the benefits of SingINg For breathing in COPD aNd ILD pAtients” was undertaken Australia-wide using this novel online approach. **Aim and Methods:** Longitudinal qualitative interviews were conducted to determine the attitudes and knowledge of people with chronic obstructive pulmonary disease or interstitial lung disease and their carers to participating in the online singing trial. We specifically sought to understand how their views may evolve and explore any barriers and enablers to participating online. Qualitative data were extracted and analysed, which generated descriptive and analytical themes. **Results:** Five themes emerged from 44 patients (n=12 women and 12 men, aged 50-89) and 6 carer interviews. The themes consisted of: 1. anticipation and reluctance to participate; 2. mastery of condition; 3. the power of music; 4. group singing and social dynamics; and 5. delivery of SINFONIA. Themes were categorised into three time points to examine participants’ perspectives before, during and after the program. With the provision of technological support, participants were able to transition from anxiety to mastery of their chronic condition by accessing the online program, including those with limited digital literacy. In addition to engagement with music, participants shared their knowledge and experiences with others with similar symptoms of chronic illness.**Conclusion:** Participants, including those who were technologically challenged but received support, could actively engage, and enjoy positive experiences as the online singing for lung health program progressed. Future work should involve people with advanced CRDs in program design and development. Their insights can contribute to the scaling up of the intervention and determine the most effective delivery mode for broader implementation. |
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