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| **PR location does not influence time spent outside the house** |
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| **Introduction:** Attending centre-based pulmonary rehabilitation (CBPR) creates opportunity for socialisation and community engagement. It is possible home-based programs contributes to social isolation. **Aim:** To determine if location of pulmonary rehabilitation influences time spent outside in people with chronic lung disease. **Methods:** Secondary analysis of a randomised controlled equivalence trial comparing telerehabilitation to CBPR in people with chronic lung disease. Both programs were 2 sessions/week for 8 weeks, with telerehabilitation participants undertaking their program in a virtual group at home. At baseline and end intervention, participants reported time spent away from their home (days outside in the previous week).**Results:** 142 participants, n=76 (54%) females, mean (SD) age 67(9) years, 6-minute walk distance (6MWD) 426(103) metres and FEV1 61(25) %predicted were included. Diagnoses included COPD (n=100), bronchiectasis (n=19), asthma (n=12) and ILD (n=11).131 participants reported time outside at end rehabilitation. There was no difference between groups for days spent outside the house (both groups median [interquartile range 7[5-7] days, *Z*=-0.8*,* p=0.5). More time spent outside at end rehabilitation was associated with greater time outside at baseline, higher 6MWD and self-efficacy (PRAISE), PR completion and less symptoms of depression (all rs≥0.2, p≤0.02).In a multiple linear regression model including PR completion, changes in 6MWD, depression and self-efficacy, and controlling for time outside at baseline and disease severity; ∆6MWD and PR completion were independent predictors of time outside at end rehabilitation (p<0.001). This model explained 35% of the variation in time outside, of which 15% was attributable to ∆6MWD alone.**Conclusion:** Home based telerehabilitation did not reduce time spent outside of the home. This is important considering the impact of social isolation on increased hospitalisation risk in those living with chronic respiratory disease.**Grant Support:** NHMRC project grant (GNT 1101616). |