

The Bronchiectasis and NTM community is **ready** and **willing** to take charge of their health and lifestyle. The pandemic has **increased** both **opportunity & confidence** to participate in **remotely supervised** programs.

The need for a remote (virtual) exercise and lifestyle education program in Bronchiectasis and NTM

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Who We Are

WillKin Health specialises in writing exercise-based rehabilitation programs in Chronic Lung Disease. Our mission is to connect expert exercise physiologists with patients so they may receive meaningful, research-based, and thoughtful programs, leading to a healthy and positive lifestyle.

Background & Aim

- The COVID-19 pandemic greatly impacted physical activity levels and positive lifestyle behaviours.
- Currently, there are no home-based exercise and education programs, remotely delivered through a virtual platform, available for Bronchiectasis and NTM patients.
- Remote programs reduce barriers to accessing in-clinic/in-person programs.

Methods

- n= 290 patients & 18 HCPs (North America)
- Dec. 2021 to Feb. 2022
- Online survey regarding patients' feelings about exercise programs (remotely delivered, guided by an exercise professional), and their physical activity levels pre- and post-pandemic.
- HCPs were surveyed regarding opinions and motivations for referring patients to an exercise and lifestyle program.

Conclusion

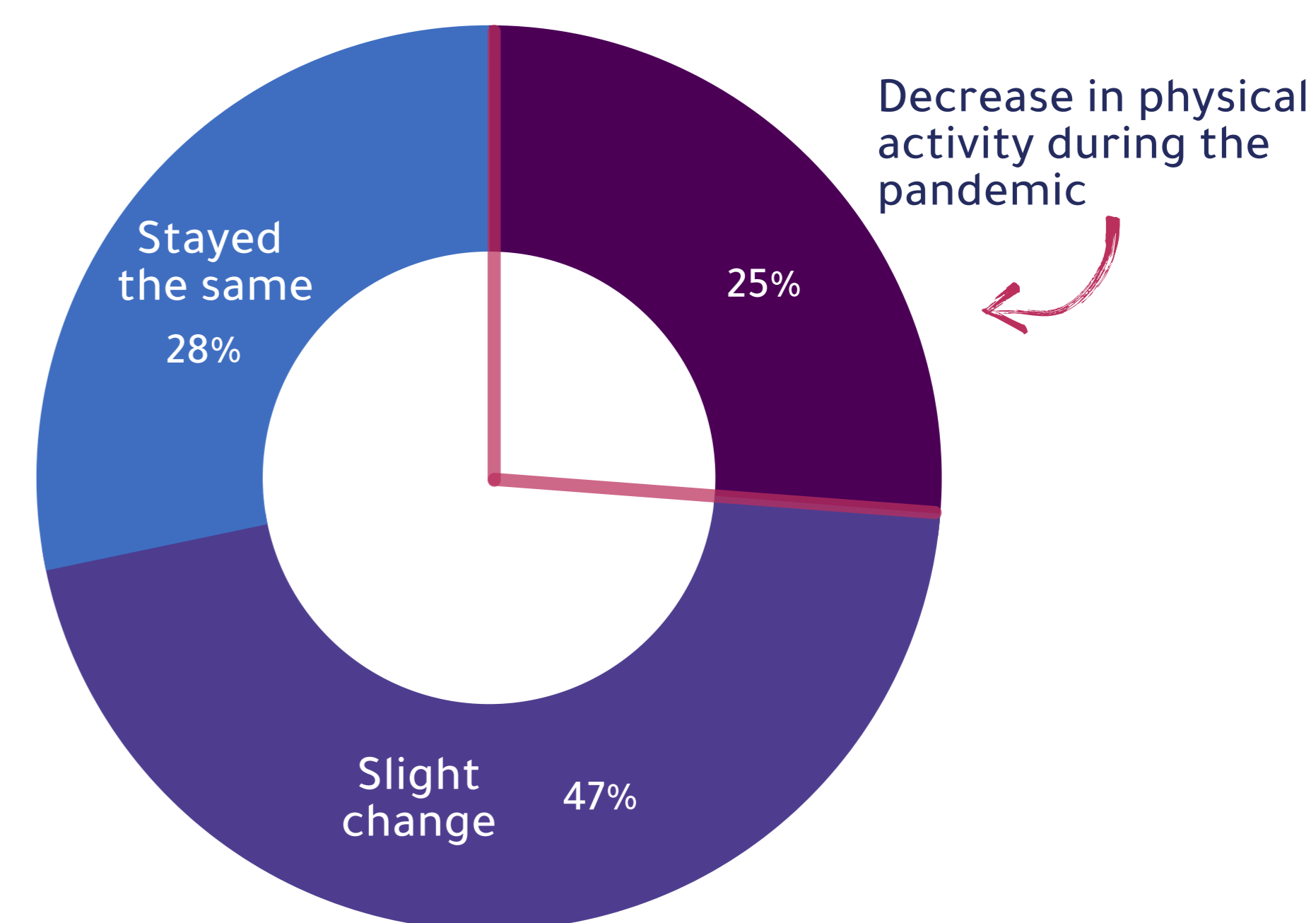
Home-based exercise and lifestyle education programs are feasible and needed to help develop intrinsic motivation to continue with physical activities despite the pandemic.

Increased confidence in using the Internet as a necessity due to the pandemic, has led to a greater acceptance of using online platforms.

Results

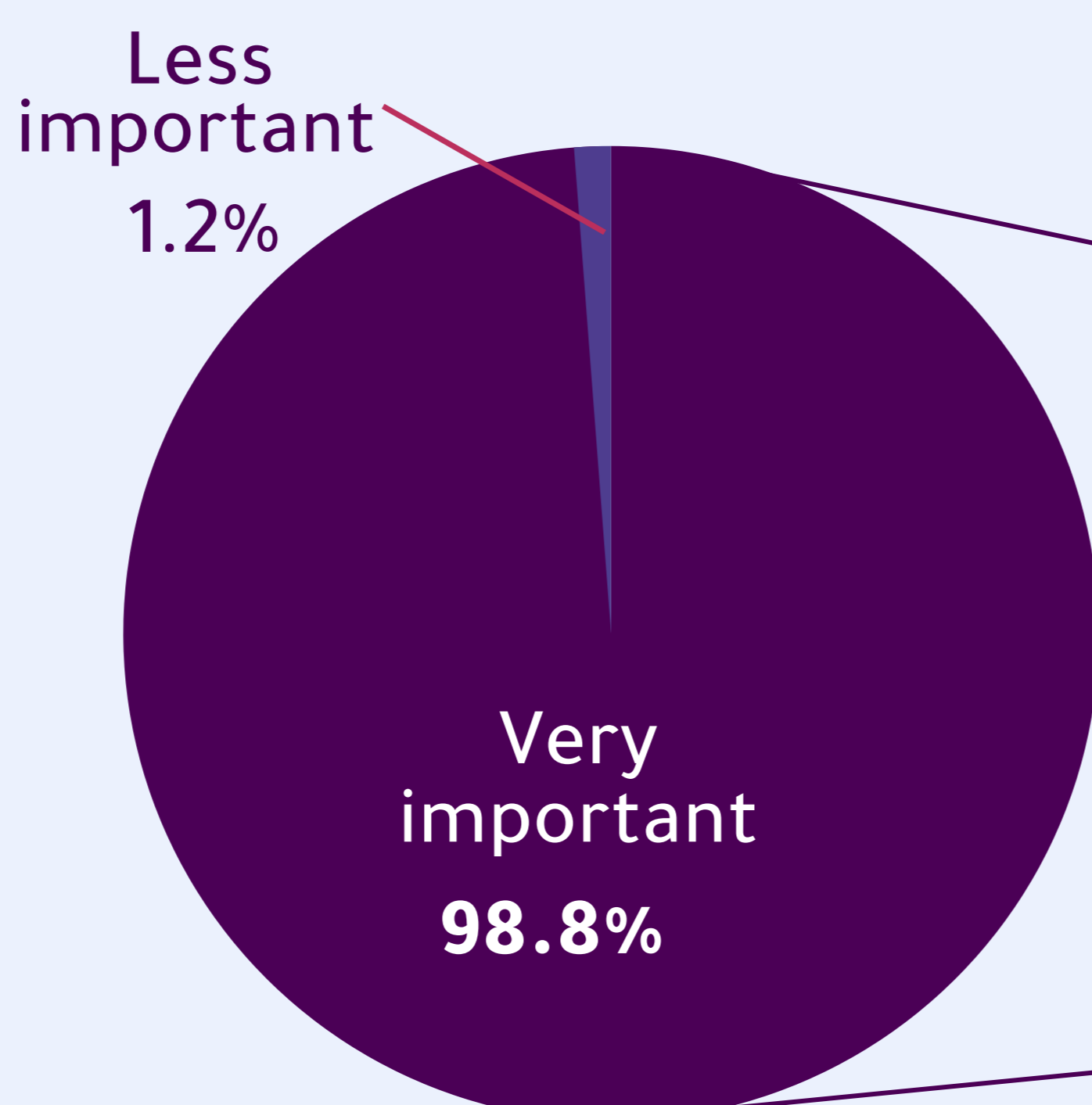
Pre- & post-pandemic and exercise

- Patients were frequently active pre-pandemic. (75% were active 3-4 times/week)
- During the pandemic, 45% lowered physical activity levels, and some could not complete any of their usual physical activities.

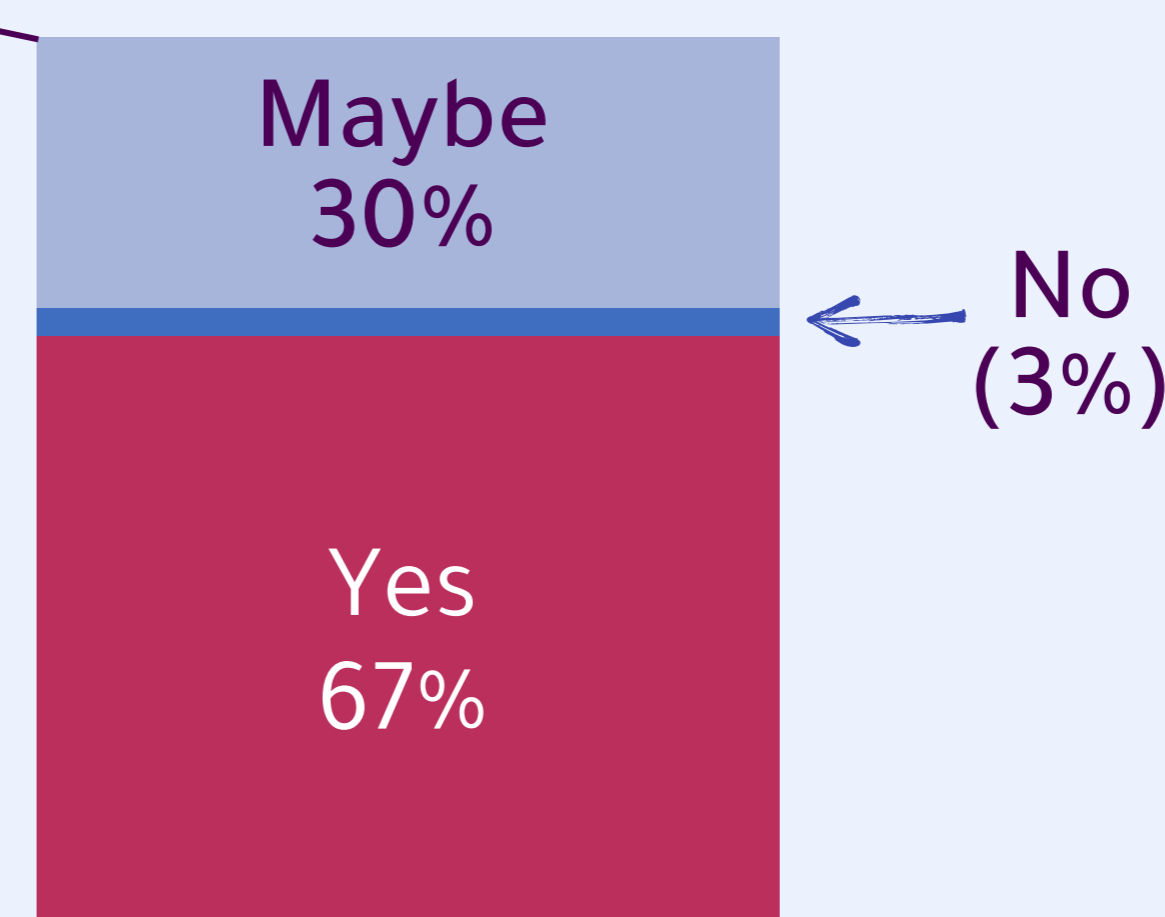


Patient's interest in an exercise and lifestyle education program beyond the pandemic

Importance to improve physical ability



Interest in remote supervised exercise program



Despite a decrease in physical activity levels during the pandemic, 54% of patients claimed to be motivated to improve their health and decrease their daily symptoms.

Technology use & perceived barriers

- Videoconferencing was preferred by 57% of patients; 32% did not have a preference.
- Computer and Technology were commonly perceived barriers by HCPs. According to our results, patients did not perceive this same barrier.

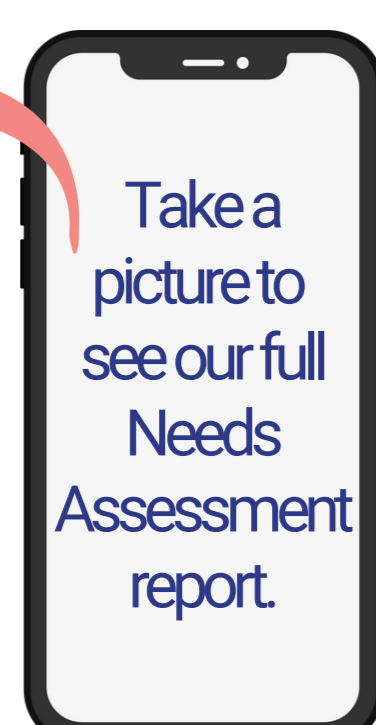
Our Goal:

To create and deliver NTM/BE ConnEx. A remote exercise and education program, delivered by a specialized, accredited exercise physiologist.

Professionals are educated through eXpand Courses by Respiplus™.

Successfully demonstrated Lung ConnEx programs: COPD ConnEx & PF ConnEx

Functional Exercise	Behaviour Change Tools
Breathing & Relaxation	Self-Management Education



In collaboration with:



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