COPD EXACERBATIONS MAY DECREASE WITH WEB-BASED INTERVENTION

ATS 2019, Dallas, TX – COPD patients who were given a pedometer and participated in a web-based intervention that helped them set physical activity goals, provided feedback and disease self-management education, and offered a community forum were less likely to experience an acute exacerbation of their lung disease than those patients who received only the pedometer, according to a randomized, controlled trial presented at ATS 2019. Interestingly, among those assigned to the intervention, the reduction in exacerbations over a year of follow-up occurred despite the fact that their level of physical activity at 6 and 12 months was no higher than the pedometer-only patients.