

# A qualitative study on the development of pulmonary rehabilitation for patients with chronic lung disease in Kampala, Uganda

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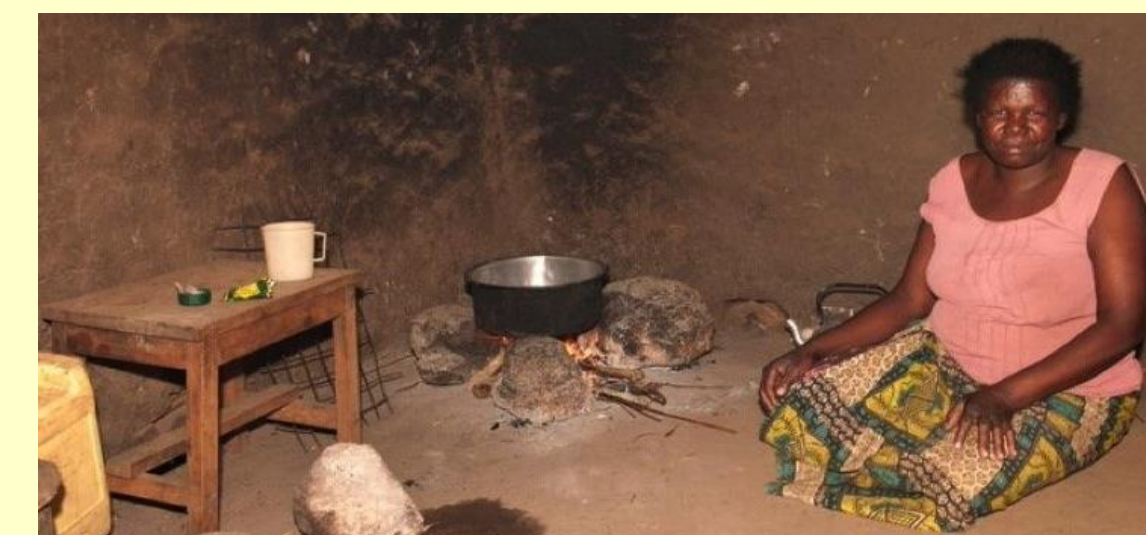
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## Introduction:

- Chronic lung disease is widely prevalent in Africa (1) and is a major threat to health, with few available treatments.
- Patients with CLD develop skeletal muscle dysfunction related to physical inactivity and systemic inflammation compounded by impaired nutrition (2).
- Symptoms such as breathlessness and fatigue which come with deconditioning, demotivation, and psychosocial isolation have been addressed by pulmonary rehabilitation (PR) (3, 4).



## Aim:

To investigate the acceptability of traditional Western PR in Kampala, for patients with Chronic Lung Disease, including post-TBLD.

**Methods:** Adapted PR exercise regime and education programme twice-weekly for 6 weeks.

- Interviews before and after PR
- Focus group discussions
- Focus groups
- Ethnographic observations

Data were analysed thematically.



## Results:

- 4 PR groups
- 44 patients recruited
- 42 completed
- 25 baseline and 19 six-week-post completion interviews
- 5 focus group discussions
- Ethnographic observations

## Results:

- Patients reported being debilitated by their condition before PR.
  - Although exercises were hard to complete at first, PR was acceptable and was often continued at home.
- Improvements in functional ability, social and intimate relationships and less stigma were reported. In many individuals, PR was life-transforming.

"All my domestic work was doomed, I can't do anything. I can't even cook for myself"

"I have already started doing the exercises at home"

"I can now walk faster, do domestic work at home with ease and interest ....even sexually I am stronger"

For further info see e-poster PA858; watch online video:

<https://vimeo.com/163691621>



## Conclusions:

- PR offers a new option for treatment for a neglected group of patients, who saw major improvements in their quality of life.
- Participants were less dependent and more engaged in society.

**Future research:** A large RCT and implementation study is planned for Zambia, Kenya and Tanzania.

## Bibliography:

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