Pulmonary rehabilitation in ILD

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AIMS

• Exercise limitation in ILD
• Does pulmonary rehabilitation play a role in ILD - what is the evidence?
• Special considerations

SUMMARY

Exercise limitation in patients with ILD may be due to limitations in gas exchange, circulation, muscles or due to co-morbidities (1,2). Although there are not many big, prospective, controlled trials regarding efficacy of pulmonary rehabilitation in ILD, there is increasing evidence of beneficial short-term and long-term effects of pulmonary rehabilitation in exercise tolerance, dyspnea, and quality of life (3,4). Therefore, pulmonary rehabilitation is recommended in the management of idiopathic pulmonary fibrosis. It is assumed that other ILD than IPF show similar effects. However, the specific characteristics of a pulmonary rehabilitation program for patients with ILD still need to be defined.

REFERENCES


FACULTY DISCLOSURES

Advisory from Roche, Boehringer, Actelion.

EVALUATION

1. Pulmonary rehabilitation should be recommended to patients with ILD for the following reasons EXCEPT
   a. it is safe
   b. exercise tolerance can be improved
   c. it is of prognostic value
   d. quality of life is improved