

La réhabilitation respiratoire est-elle efficace à long terme ?

Maintaining the Benefits of Pulmonary Rehabilitation
The Holy Grail **AJRCCM 2017**

Seven-year time course of lung function, symptoms, health-related quality of life, and exercise tolerance in COPD patients undergoing pulmonary rehabilitation programs

Foglio K. Respir Med 2007

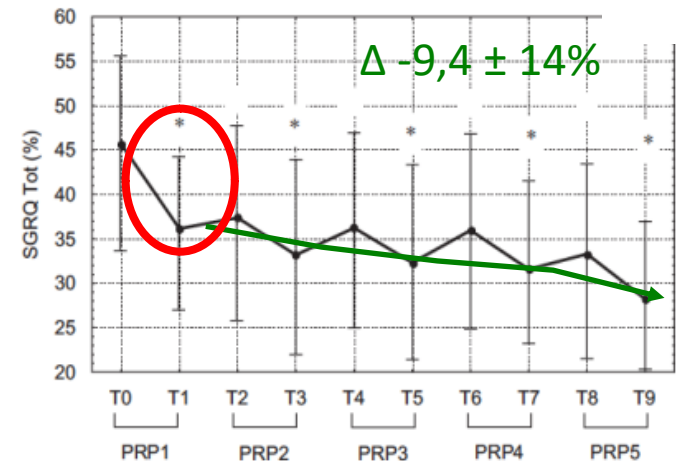
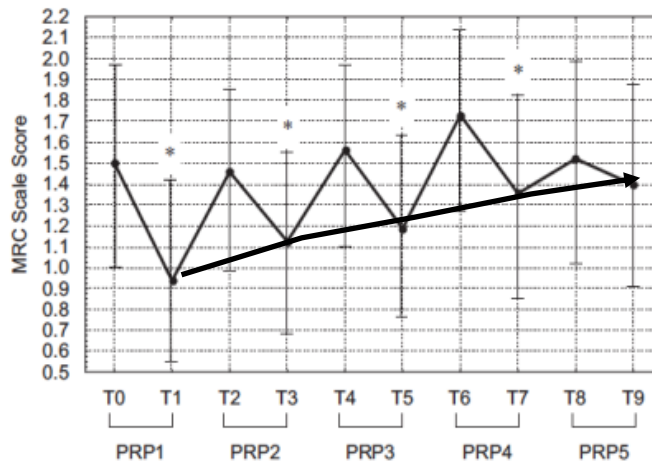
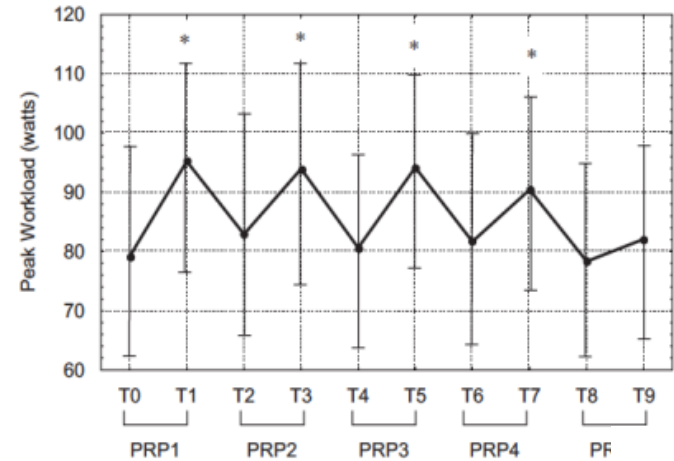
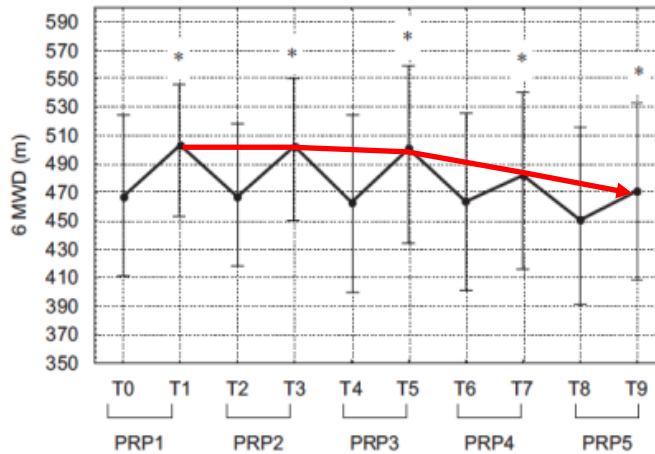
PPR :

3 h/sem/8 sem
 14 ± 0,5 mois
 Rappel à 6 mois

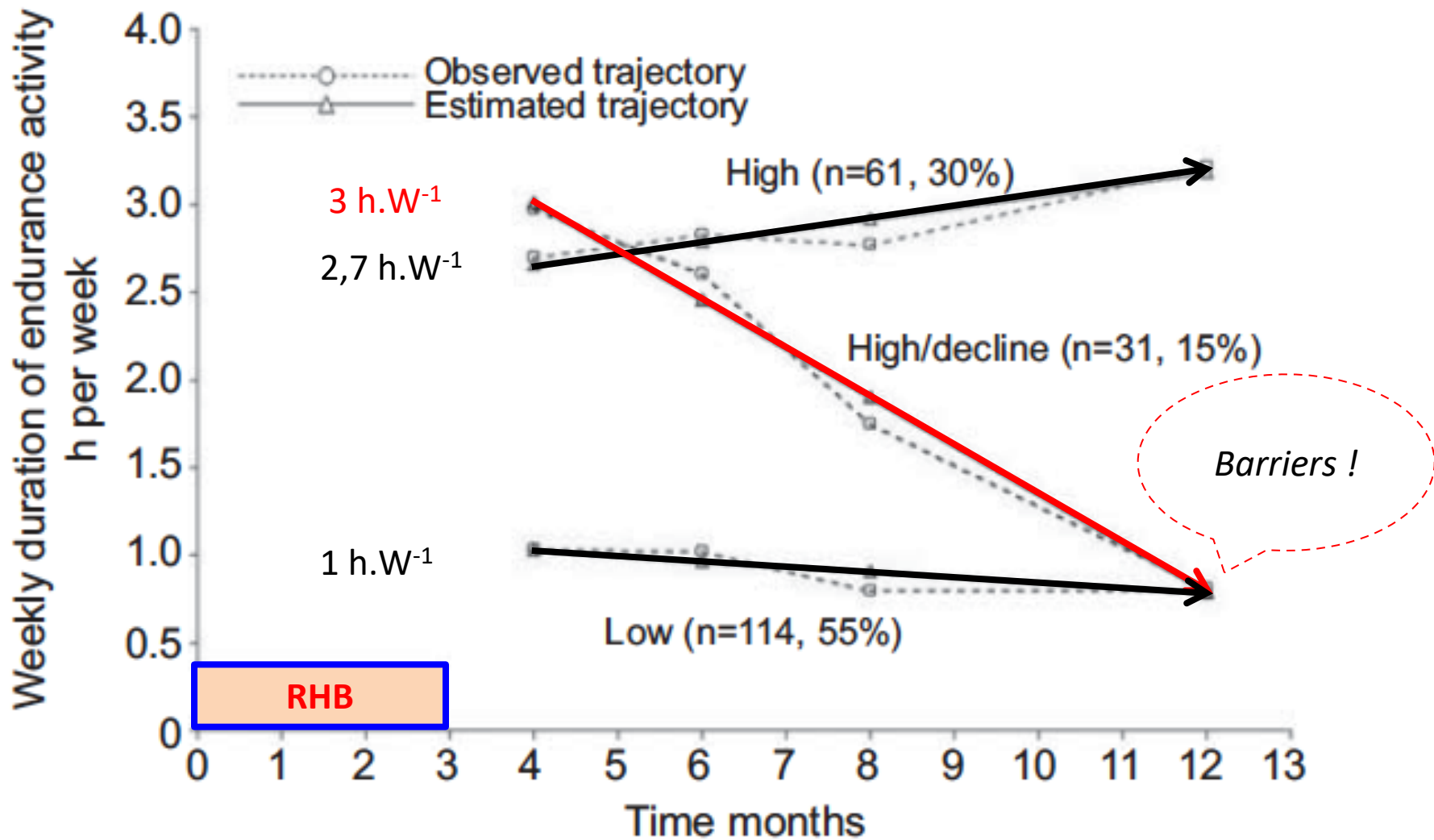
GOLD

I : 12.5%
 II : 56.3%
 III 29.2%
 IV 2.1%

Pas de Ctrl



TRAJECTOIRES



Benefits of Long-Term Pulmonary Rehabilitation Maintenance Program in Patients with Severe Chronic Obstructive Pulmonary Disease

Three-Year Follow-up **AJRCCM2017**

Scientific Knowledge on the

Subject: An intense program of pulmonary rehabilitation (PR) in patients with chronic obstructive pulmonary disease results in improvements in functional capacity, dyspnea, health-related quality of life, and health care resource utilization.

Benefits of Long-Term Pulmonary Rehabilitation Maintenance Program in Patients with Severe Chronic Obstructive Pulmonary Disease

Three-Year Follow-up **AJRCCM2017**

After completion of the program, the benefits of PR tend to wane gradually over time.

PR Program

8 semaines : 3 séances de 2 heures / sem.

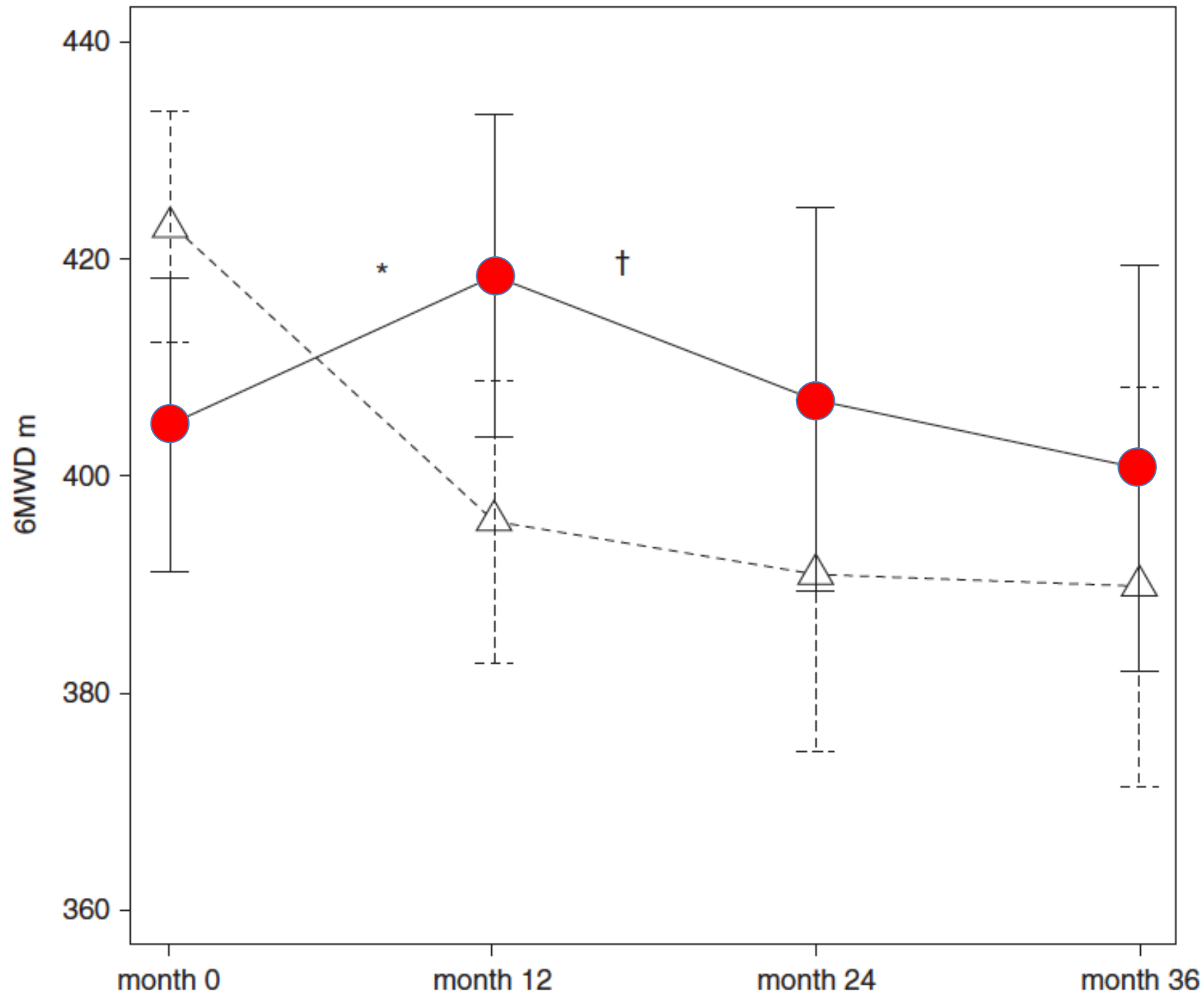
30 ' Musculation + 30 ' Endurance + Relaxation + Kiné
+ 4 séances ET

Post PR program

Programme AP identique 3 fois / sem / 3 ans !!!

En alternance :

Séance supervisée vs Appel téléphonique



Benefits of Long-Term Pulmonary Rehabilitation Maintenance Program in Patients with Severe Chronic Obstructive Pulmonary Disease

Three-Year Follow-up

This improvement was maintained over 24 months, but after 2 years there no longer was a beneficial effect. Only a limited number of patients reached the 3-year mark.

ORIGINAL ARTICLE **Thorax 2014**

Determinants and outcomes of physical activity in patients with COPD: a systematic review

Elena Gimeno-Santos,^{1,2,3,4} Anja Frei,^{5,6} Claudia Steurer-Stey,⁶ Jordi de Batlle,^{1,2,7} Roberto A Rabinovich,⁸ Yogini Raste,⁹ Nicholas S Hopkinson,⁹ Michael I Polkey,⁹ Hans van Remoortel,¹⁰ Thierry Troosters,¹⁰ Karoly Kulich,¹¹ Niklas Karlsson,¹² Milo A Puhan,^{5,13} Judith Garcia-Aymerich,^{1,2,3} on behalf of PROactive consortium

Key messages

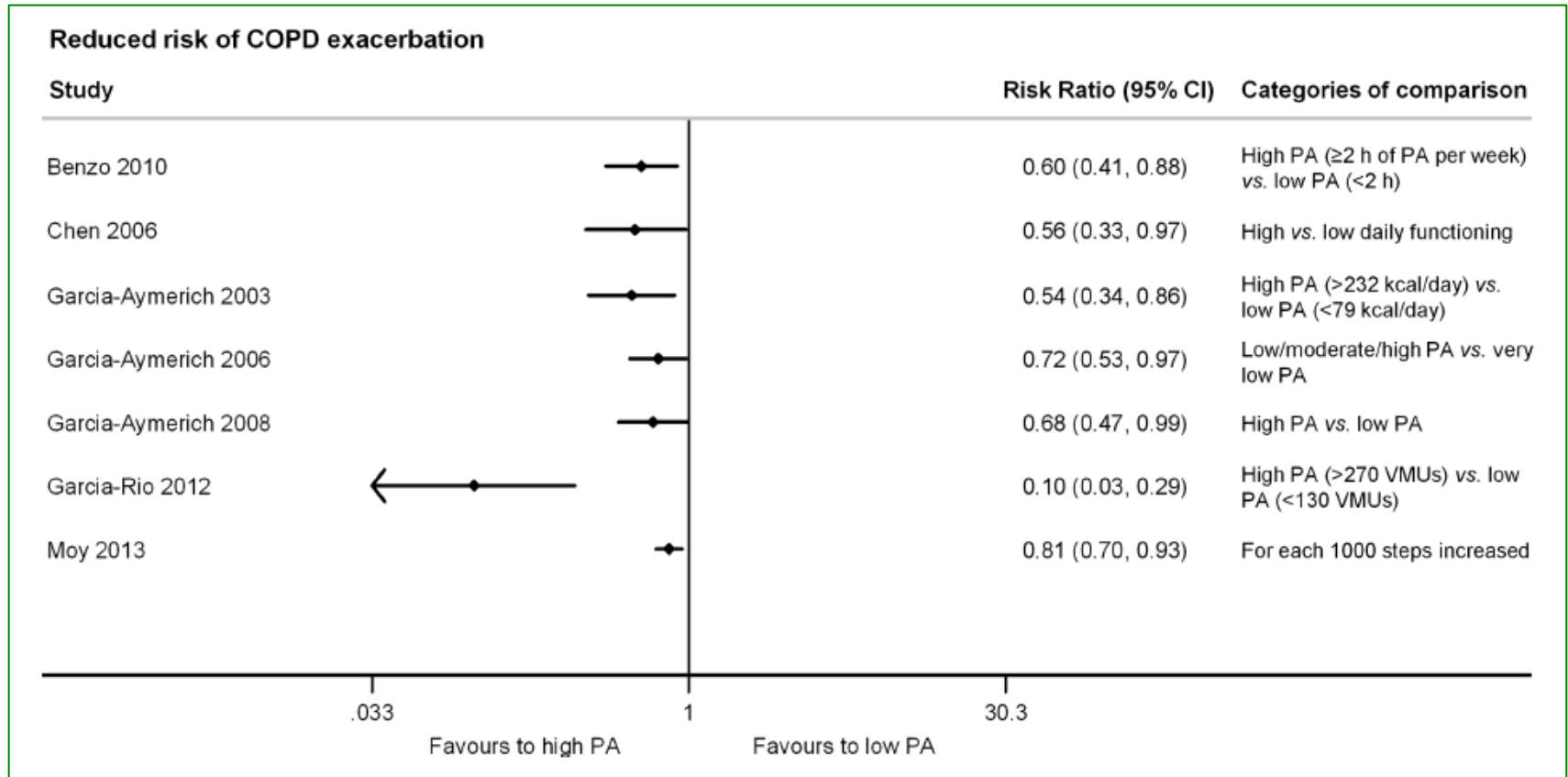
What is the key question?

- ▶ Despite the increasing research on physical activity and COPD, it is unclear which are the determinants and outcomes of physical activity in patients with COPD.

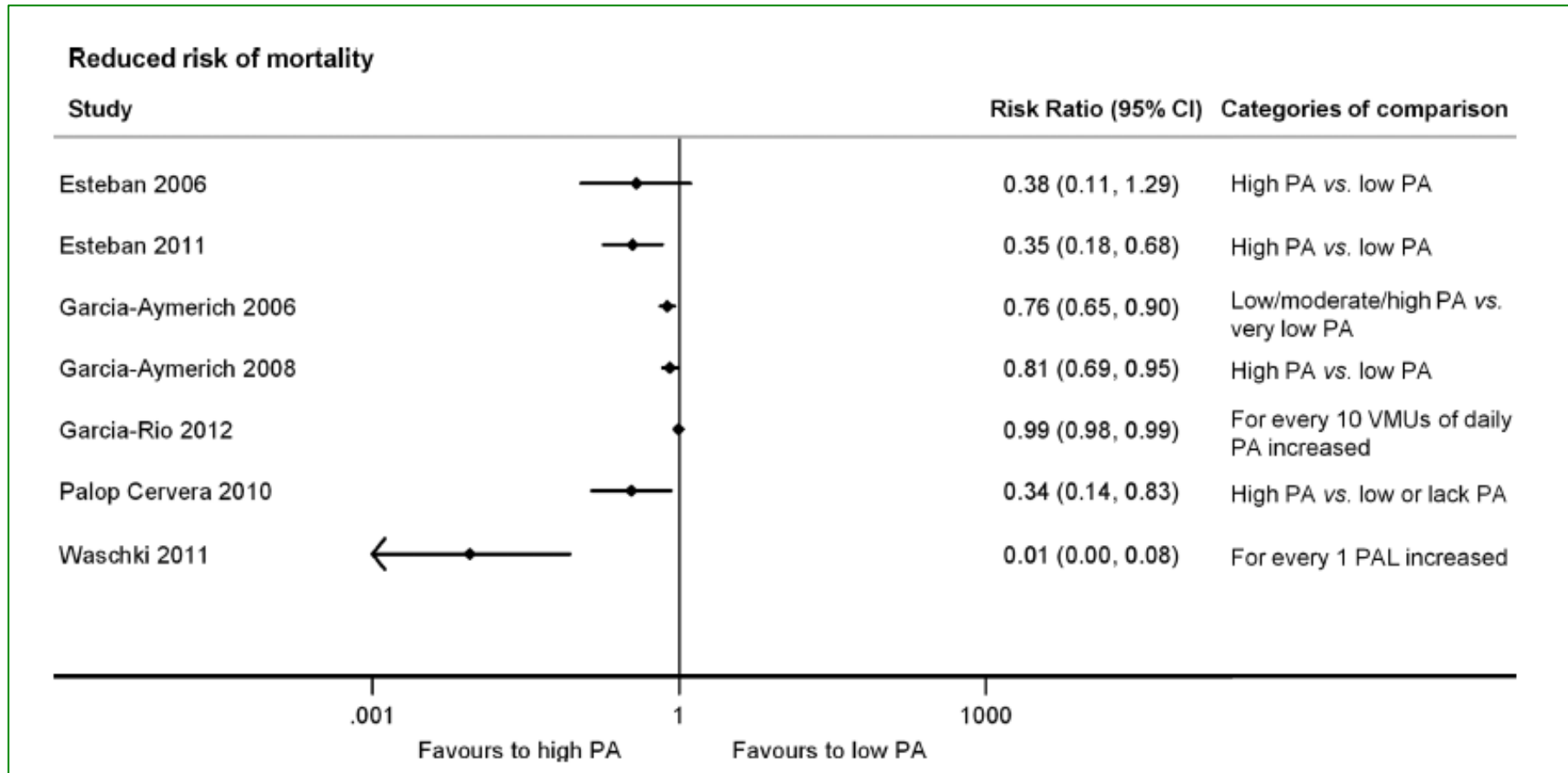
What is the bottom line?

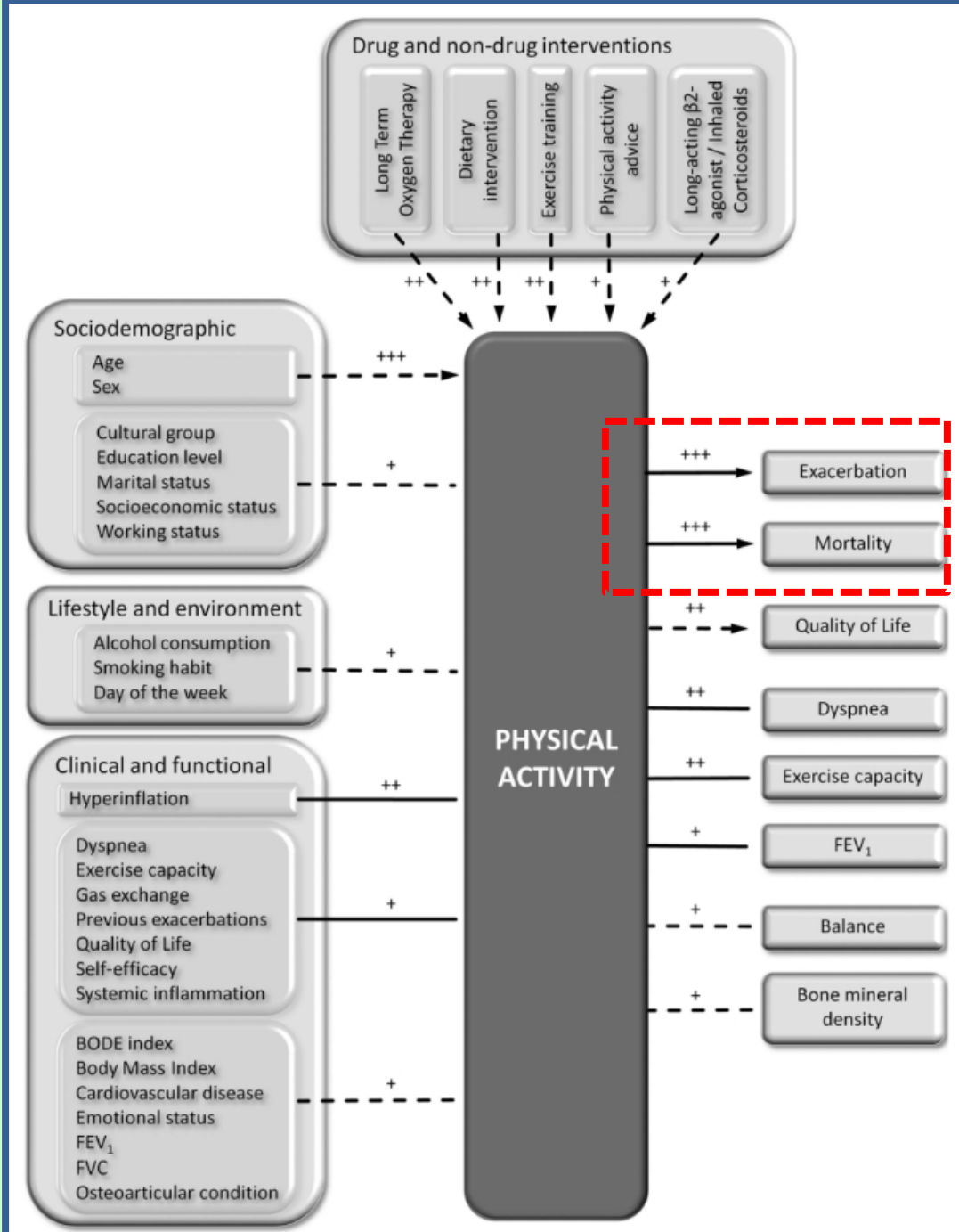
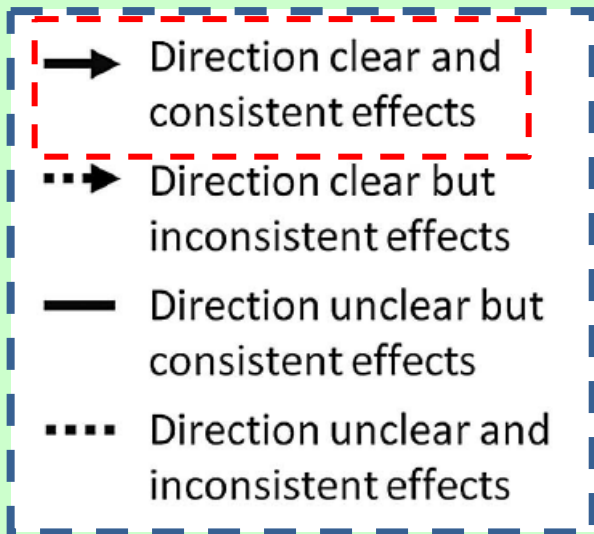
- ▶ Physical activity level in COPD is consistently associated with mortality and exacerbations, but this is in contrast to the poor evidence about determinants of physical activity, including current COPD treatments.

PA et risque Exacerbation



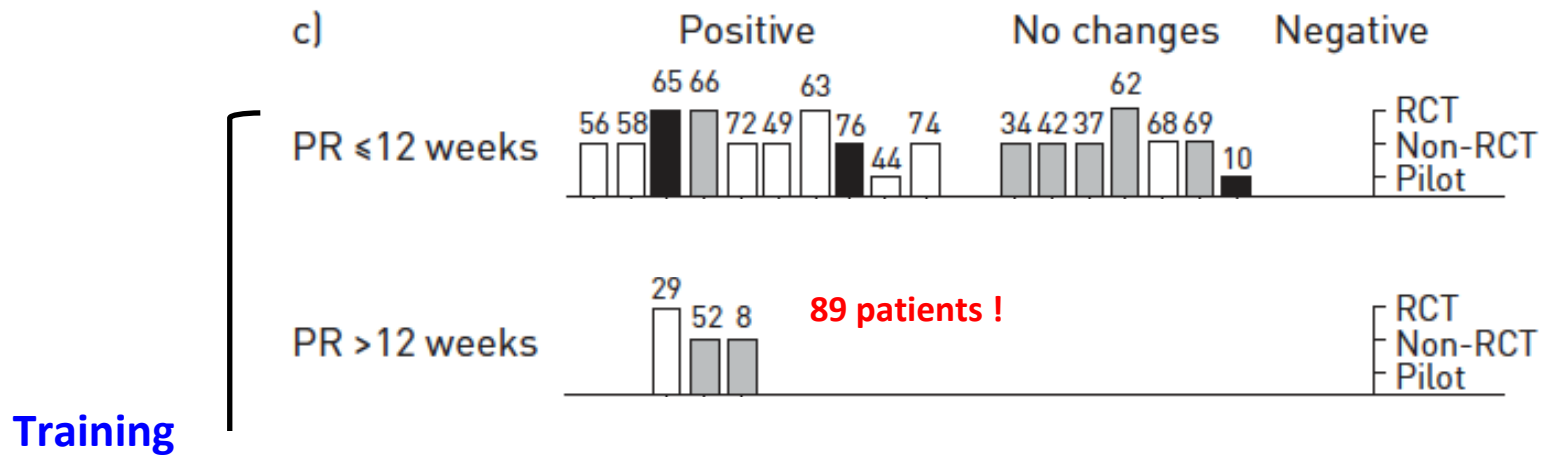
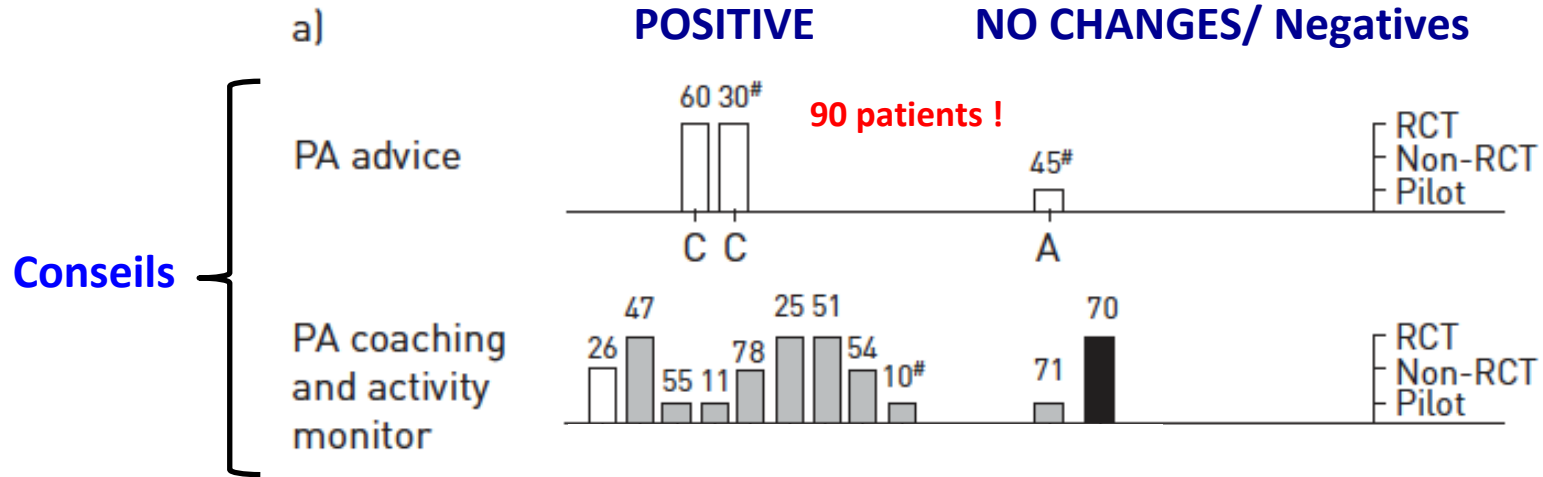
PA et risque Mortalité

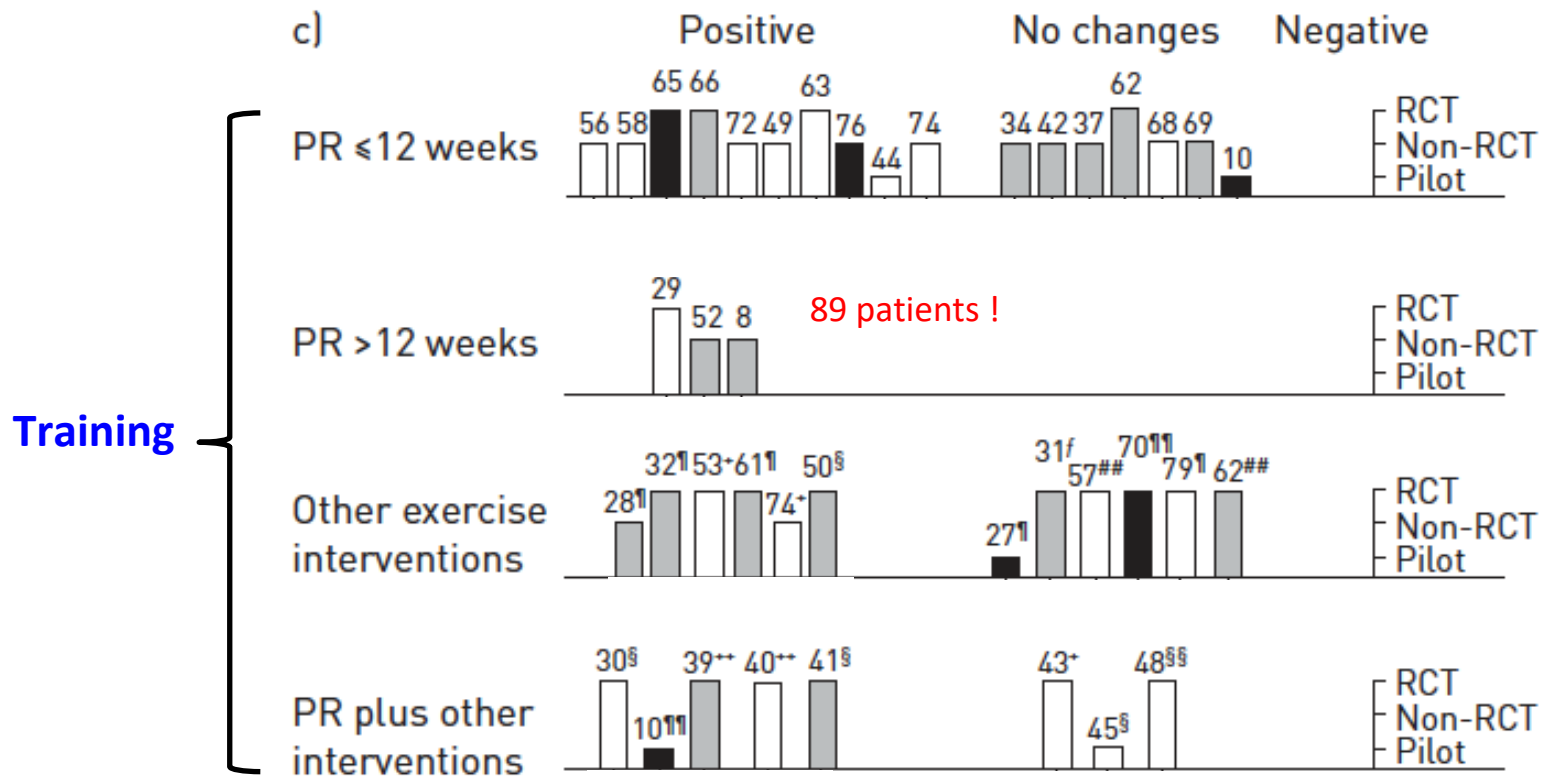
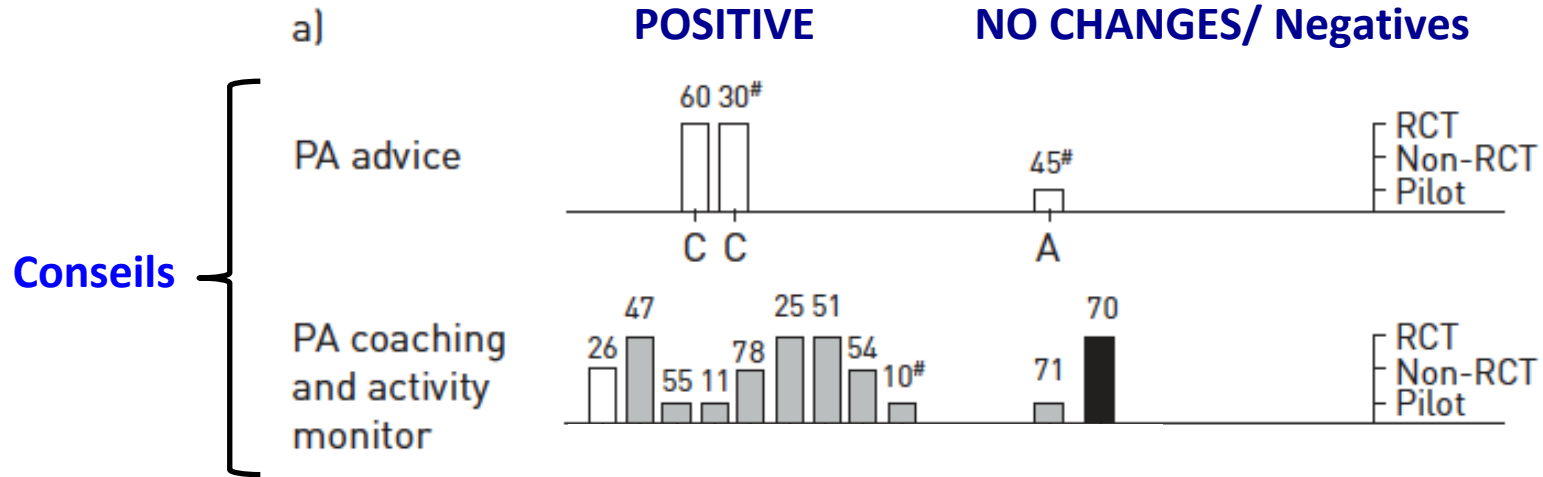




Interventions to modify physical activity in patients with COPD: a systematic review

Leandro Cruz Mantoani¹, Noah Rubio¹, Brian McKinstry^{2,3}, William MacNee¹
and Roberto A. Rabinovich¹ [Eur Resp J 2016](#)





Maintaining the Benefits of Pulmonary Rehabilitation

The Holy Grail **AJRCCM2017**

Given the complexity of factors involved, it is likely that

« one size does not fit all »

in regard to maintenance PR.

Maintaining the Benefits of Pulmonary Rehabilitation

The Holy Grail **AJRCCM2017**

At this time, there is no convincing evidence that supports the use of one maintenance strategy over others.

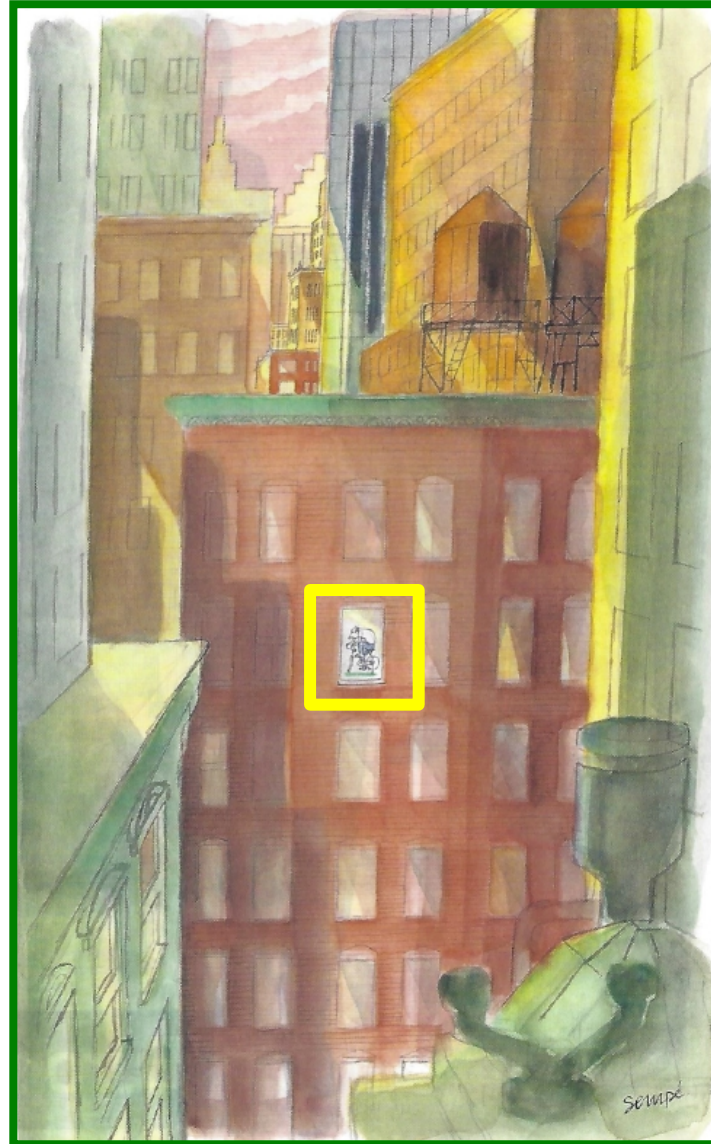
« trouver la voie...! »



a health system paradigm shift

It would require **close longitudinal follow-up of individual patients across the trajectory** of illness by healthcare professionals **who could note and intervene in specific issues as they arise.**

Embedded Health : Santé insérée



Réhabilitation Pulmonaire

4 P



Personnalisée

Participative

La personne

L'environnement

Prédictive

Préventive (préemptive)

Embedded Health : Santé insérée



On ne devient pas actif de façon pérenne uniquement parce que cela est recommandé.

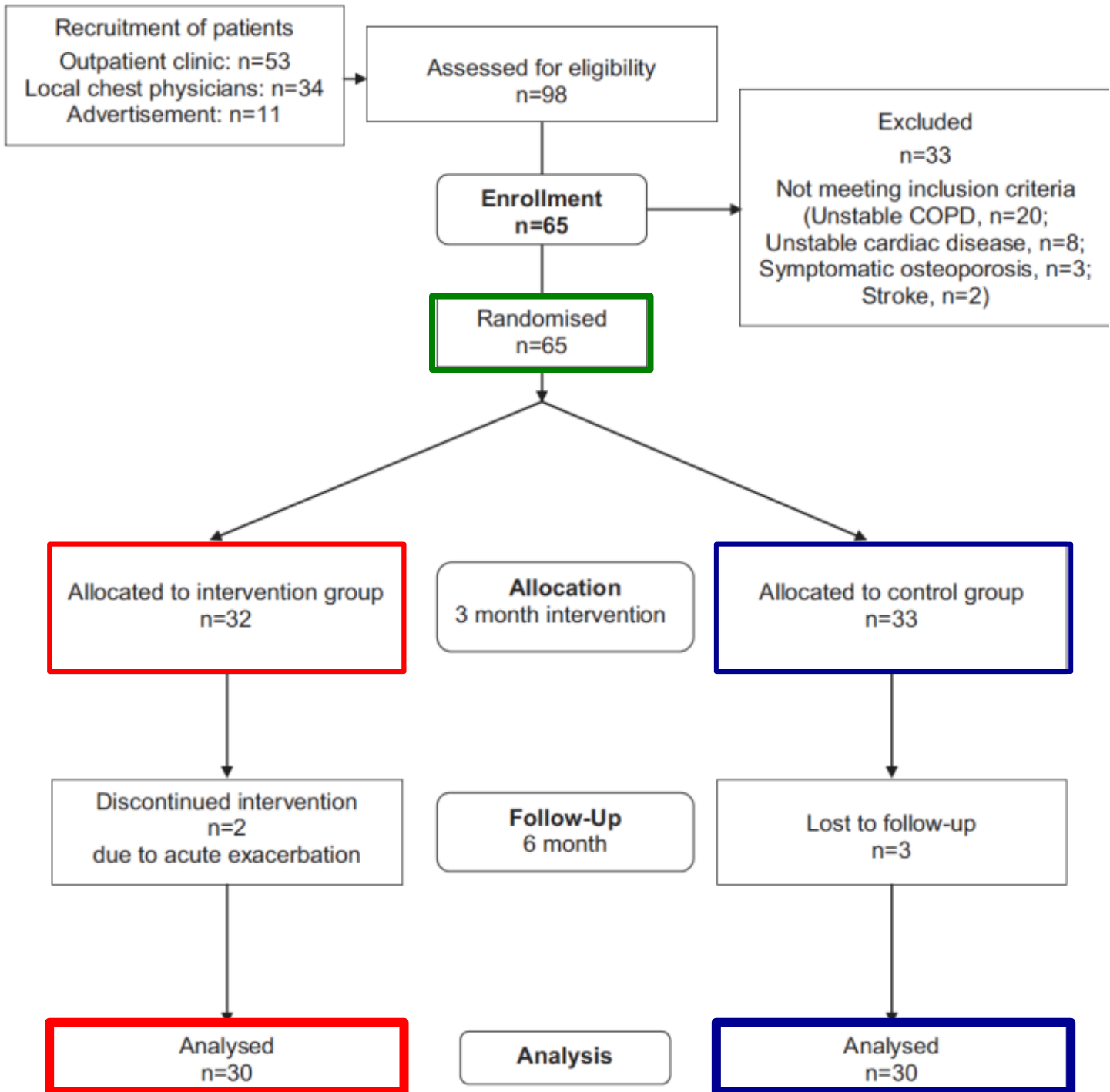
Il faut créer les conditions d'un désir ` au sein duquel il y a la nécessité de bouger.

Embedded Health : Santé insérée

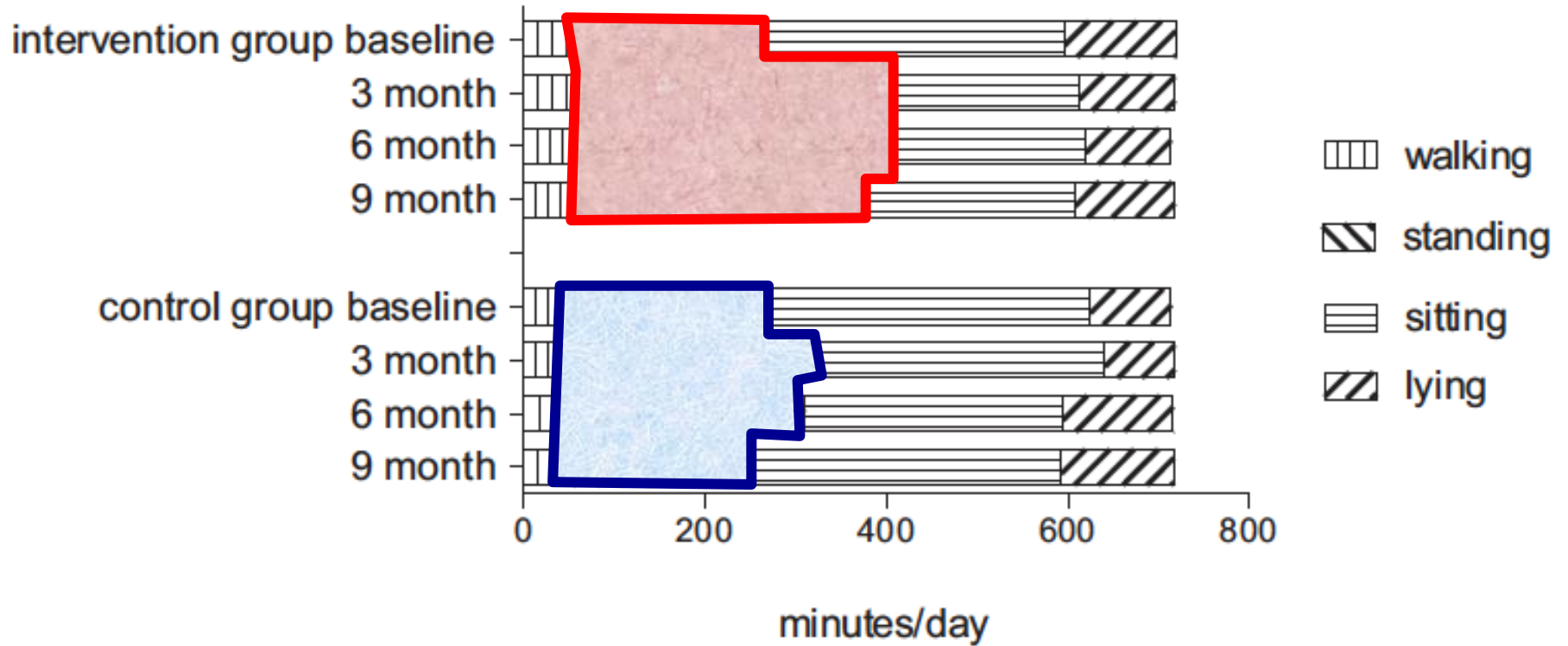
Nordic Walking improves daily physical activities in COPD: a randomised controlled trial

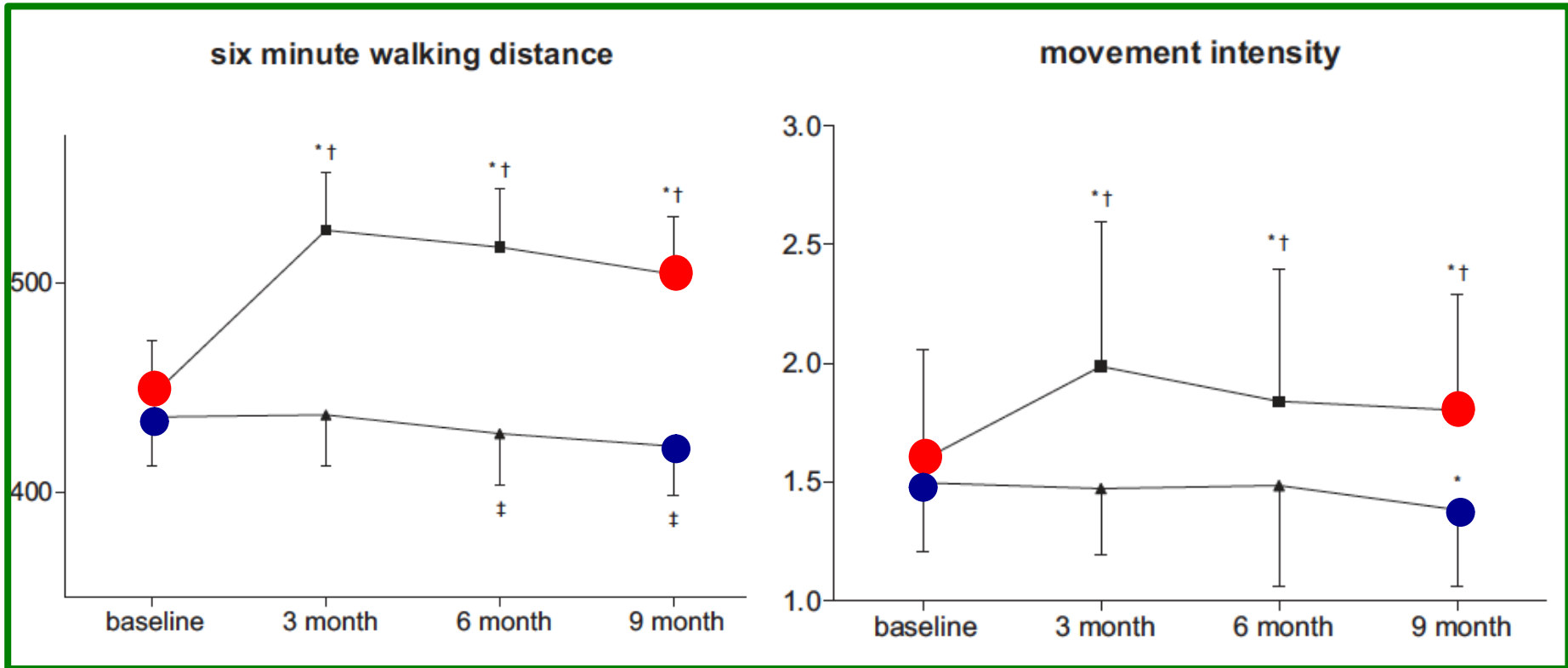
Marie-Kathrin Breyer^{1*}, Robab Breyer-Kohansal¹, Georg-Christian Funk¹, Nicole Dornhofer¹, Martijn A Spruit², Emiel FM Wouters^{2,3}, Otto C Burghuber¹, Sylvia Hartl¹ **Respir Research 2010**





daily physical activities

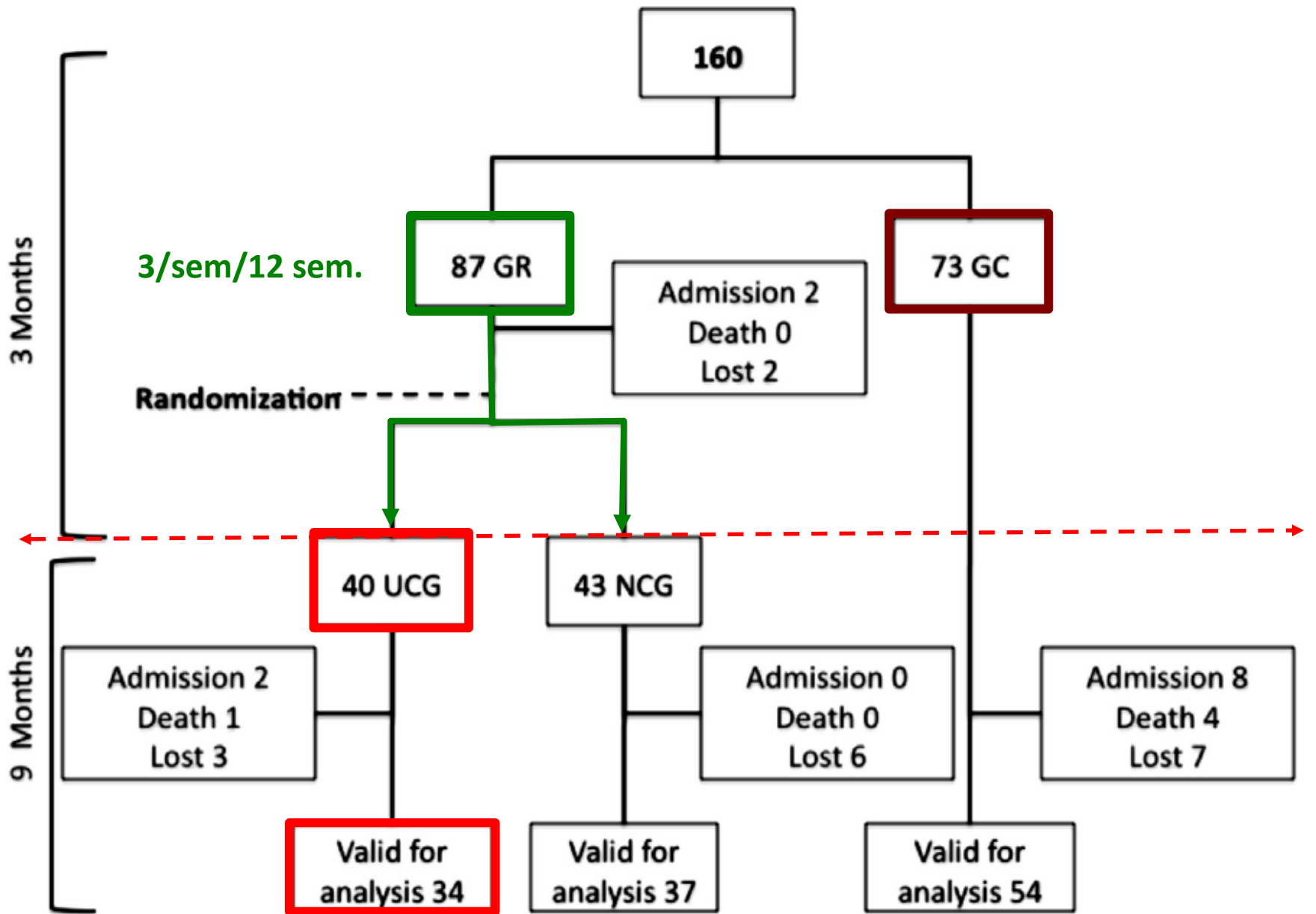


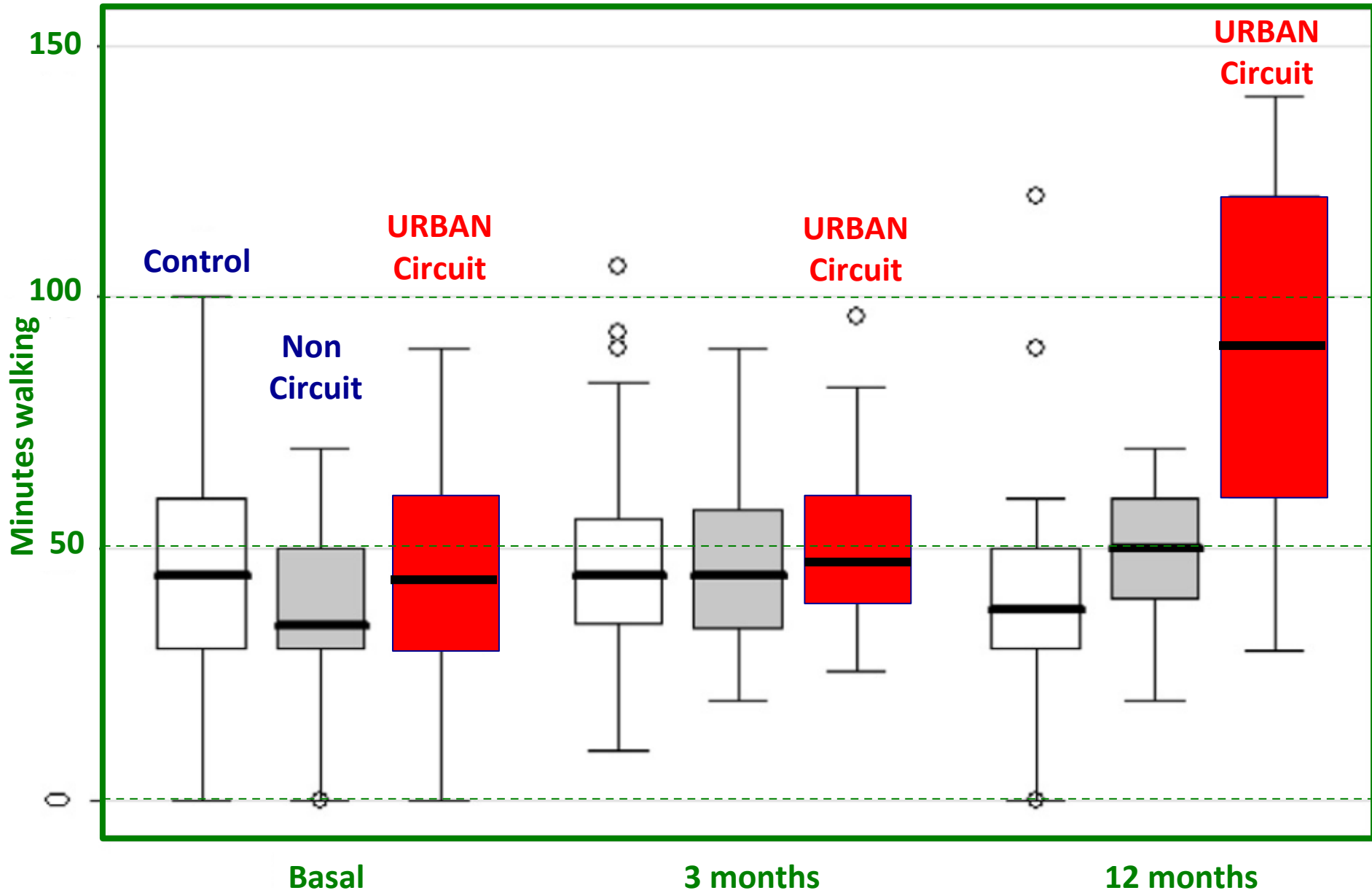


Improving physical activity in patients with COPD with urban walking circuits

Eulogio Pleguezuelos^{a,b,c,*}, María Engracia Pérez^a,
Lluís Guirao^a, Beatriz Samitier^a, Pilar Ortega^d, Xavier Vila^d,
Margarita Solans^d, Ariadna Riera^a, Eva Moreno^e, Alex Merí^c,
Marc Miravittles^f **Respiratory Medicine 2013**







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EXCURSIONS PER MATARÓ

- 1 EL PASSEIG MARÍTIM
- 2 LES ANTIGUES PARRÒQUIES DE MATA
- 3 EL CAMÍ ROMÀ DE LORITA
- 4 EL CAMÍ DE LES CINC SÈNIES
- 5 EL CASTELL DE MATARÓ
- 6 CAN CANYAMERES I LA FONT DE CAN GASARAPA
- 7 EL TURÓ D'EN DORI
- 8 CAN BOADA I EL TURÓ DEL MOLÍ DE VENT
- 9 EL TURÓ DE CERDANYOLA
- 10 EL PONT DE LA VILA
- 11 LA FONT DEL PERICÓ I SANTA RITA DE VALLDEIX
- 12 EL TURÓ D'EN TUNYÍ

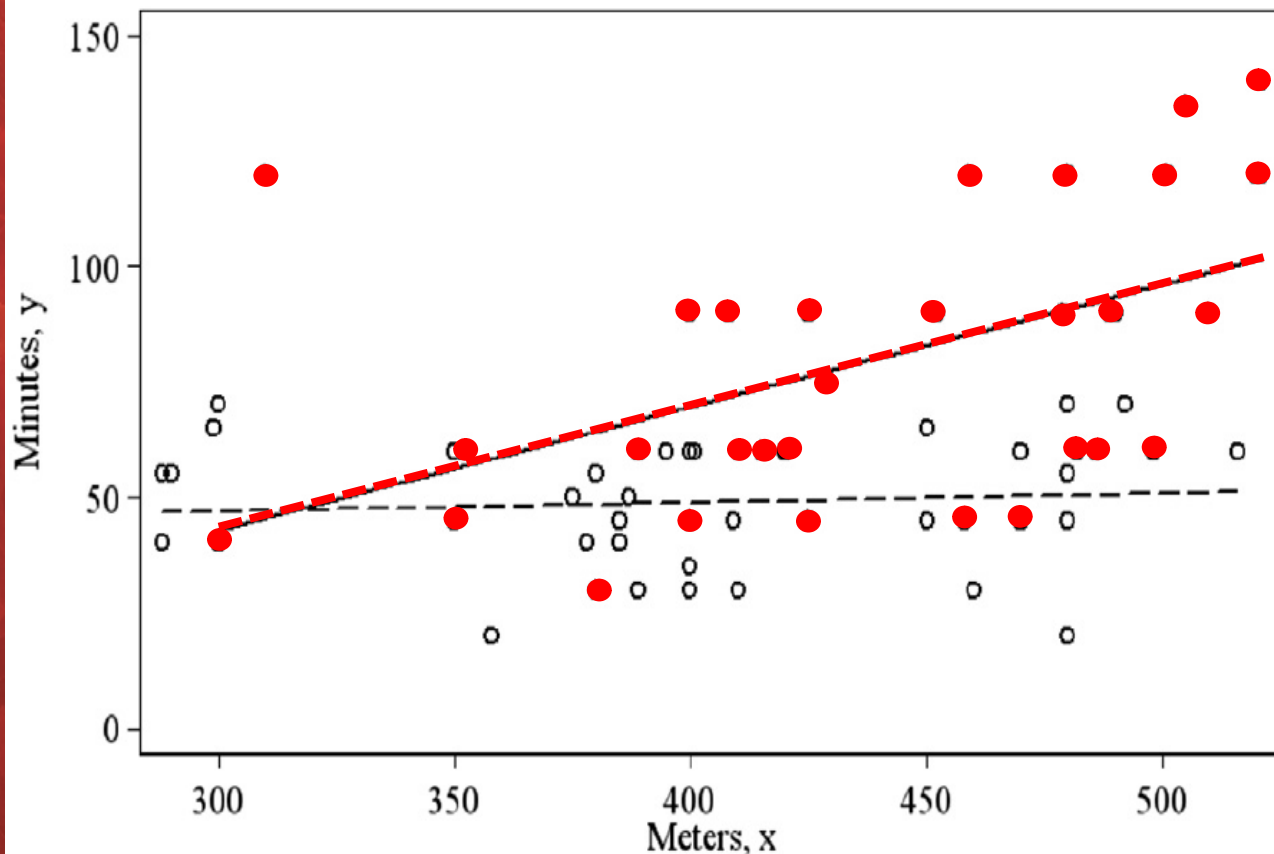
amb la col·laboració de



Ajuntament de Mataró



ARGÜES DE MATARÓ, S.A.



● UCG, R-squared = 27.06 %

○ NCG, R-squared = 0.89 %

— $\hat{y} = 76.23 + 0.27 * x$

- - - $\hat{y} = 49.41 + 0.02 x$

La réhabilitation respiratoire est-elle efficace à long terme ?



As such, pulmonary rehabilitation provides an opportunity to coordinate care throughout the clinical course of an individual's disease.

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