JOANA CRUZ

SELF-MANAGEMENT IN THE REHABILITATION OF PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE: THE ROLE OF TELEMONITORING AND PHYSICAL ACTIVITY

Field: Health sciences

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Department: Departamento de Ciências Médicas

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My present job: PhD student at University of Aveiro and Lecturer at Instituto Politécnico de Leiria

Abstract:

Self-management has been acknowledged as a critical part of Chronic Obstructive Pulmonary Disease (COPD) management. However, evidence to support this type of intervention is still limited. This Thesis focuses on understanding whether self-management interventions can support patients with COPD to manage their disease and impact significantly on their health. Specifically, it aimed to: 1) gain more insight on the role of home telemonitoring to reduce the frequency of COPD exacerbations and healthcare utilisation and improve health-related outcomes; and 2) investigate the impact of a physical activity-focused behaviour intervention combined with pulmonary rehabilitation on patients with COPD.

How my research is having impact:

Findings showed that the role of patient self-management through home telemonitoring and a PA-focused behavioural intervention is not fully understood and further research it warranted before these types of interventions can be delivered in routine clinical practice. This Thesis contributes for advancing the knowledge in this area and provides important recommendations for future research. Five articles have been published within this PhD project (2 systematic reviews and 3 original articles).