

2.17 Pulmonary Rehabilitation can be delivered successfully and safely in Interstitial Lung Disease via both in person and virtual classes

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Background: Pulmonary rehabilitation is a mainstay in the treatment of respiratory disease including Interstitial Lung Disease (ILD). During the COVID pandemic we began delivering this remotely. Patients referred to pulmonary rehabilitation are now offered a choice of attending in person or remote classes. We sought to explore whether there were differences in the “take up” of offered places, the completion rates, safety and the patient experience between the two groups. **Methods:** Audit of patient data between January 2023 and August 2024, including numbers referred, patient preference and engagement with pulmonary rehabilitation, and outcome data. **Results:** Since the beginning of 2023, 25 accepted and attended in person and 22 accepted and attended virtually. Some declined the opportunity for various reasons. We noted very little difference in the numbers who completed the programme virtually versus in person. Similarly, improvements seen in 6MWT and 1 Minute Sit to Stand at the end of the programme were consistent between the two groups. No adverse events occurred in either group. Feedback from all patients has been very positive. Lack of remote broadband connectivity and IT skills remain a barrier to the uptake of remote PR. **Conclusions:** Pulmonary rehabilitation appears safe and effective in both groups. **Conflicts of Interest:** The authors declare that they have no conflicts of interest.