

4.05 Levels Of Social Connectedness Amongst Patients Attending Pulmonary Rehabilitation And Maintenance Exercise Groups- A Review

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Background: Loneliness is well documented in Chronic Obstructive Pulmonary Disease patients. Evidence suggests patients experience “belonging” at Pulmonary Rehabilitation (PR). The aim of this review is to assess levels of social connectedness in PR and maintenance exercise groups (MEG).

Methods: Patients meeting standard PR referral criteria assessed April-June 2024 were included. Standard pre and post-assessments included self-completion of the social connectedness scale (SCS). PR duration: 6-8 weeks. Patients attending 2 MEG completed the SCS. Descriptive statistics were used.

Results: Maximum score for SCS is 48, the highest level of social connectedness. 18 patients completed the SCS pre and post PR. 5 patients increased and 5 patients decreased their scores. 2 patient scores were unchanged. 6 patients did not complete PR. 4 of these patients had scores ≤ 28 pre-PR. 24 patients completed the SCS in the MEG. 19 had scores ≥ 40 . **Conclusions:** Limitations include sample size and absence of an MCID or cut-off scores/ranges for SCS. Lower pre-PR scores were associated with those that didn't complete PR and required increased social support/referral. No link between pre and post PR results was identified. High scores in the MEG warrants further analysis. **Disclosures:** Authors declare no conflict of interest.