

Staying Active whilst Living Under Threat: A Qualitative Study

Sarah Jackson¹, Lucy Gardiner¹

¹ School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham, UK



UNIVERSITY OF
BIRMINGHAM

Introduction



Social distancing was implemented during the COVID-19 pandemic to reduce virus transmission. People living with chronic respiratory disease (CRD) were considered clinically vulnerable and advised to shield⁽¹⁾.



People with CRD reported reduced physical activity during the pandemic due to changes in exercise habits and activities of daily living⁽²⁾.



Physical inactivity in CRD populations has been associated with deconditioning, greater symptom burden and lower quality of life⁽³⁾.

Aims

- 1) Explore the personal experiences of people living with CRD during the pandemic and identify the perceived barriers and facilitators to physical activity
- 2) Explore the perceived support required to adhere to physical activity during the ongoing pandemic

Method

Research Design: Qualitative using interpretative phenomenological analysis (IPA).

Inclusion criteria: Adult living in the UK with CRD (asthma, bronchiectasis, COPD or ILD).

Data Collection: Semi-structured 1:1 online interviews.

Data Analysis: Data was transcribed verbatim. IPA steps were followed to generate themes 1) case-by-case review 2) identify emergent themes 3) cross case analysis to identify master themes.

Trustworthiness: Audit trail, member checking, use of a reflexive diary, data triangulation.

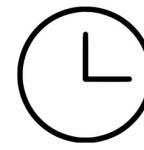
Results: Participant Characteristics



8 females, 2 males

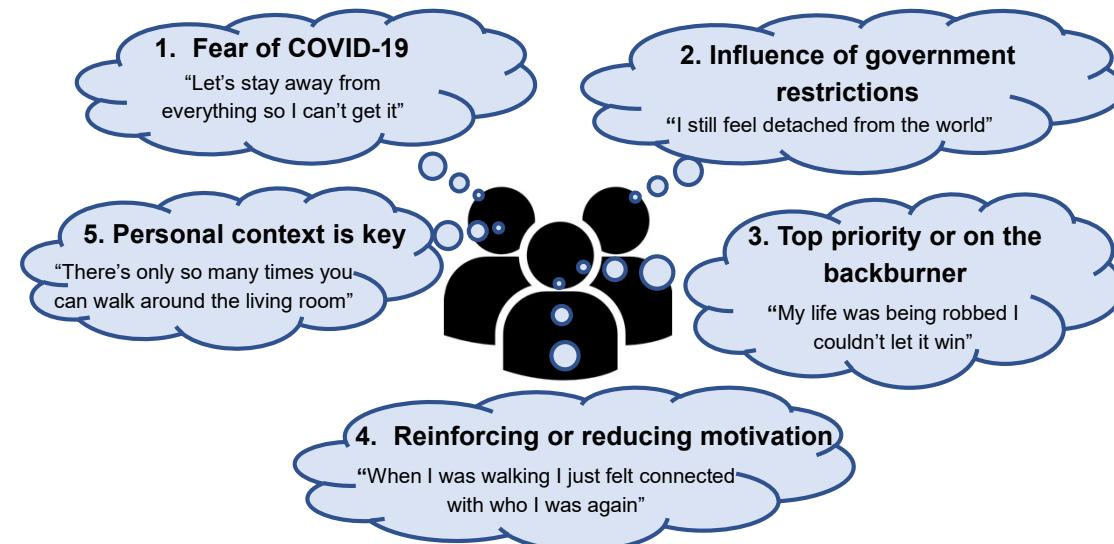


5 ILD, 3 Asthma
1 Bronchiectasis, 1 COPD



Average interview duration
 57 ± 11 mins

Results: Master Themes



Future support suggestions: 1) **online support**, 2) **focus on minority groups, focus on physical and mental health**

Conclusion

- People with CRD reported reduced physical activity compared to pre-pandemic, and exercised caution in their daily lives despite restrictions being lifted.
- Multiple factors influenced physical activity adherence during this period, the fear of COVID-19 and the possible health consequences were the dominating concerns.
- People living with CRD require tailored support to address physical, mental and social health needs to combat against the detrimental effects of physical inactivity.
- Further research is required to develop strategies to promote physical activity adherence in the CRD population whilst considering their ongoing concerns related to COVID-19.

Acknowledgements and References

Ethical approval was granted by University of Birmingham SSSERS Ethics Committee (EX2122_02). Authors have no conflicts of interest. Thank you to Action for Pulmonary Fibrosis for supporting participant recruitment and to the participants for giving up their time and sharing their experiences

- (1) Ahrenfelt LJ, Nielsen CR, Moller S, Christensen K, Lindahl-Jacobsen R. Burden and prevalence of risk factors for severe COVID-19 disease in the ageing European population – A SHARE-based analysis. Research Square [internet]. 2020 1: 1-10. Available from: www.ncbi.nlm.nih.gov/pmc/articles/PMC7491580/
- (2) Fettes L, Bayly J, de Bruin LM, Patel M, Ashford S, Higgins J, Maddocks M. Relationships between prolonged physical and social isolation during the COVID-19 pandemic, reduced physical activity and disability in activities of daily living among people with advanced respiratory disease. Chron Respir Dis [internet]. 2021; 18: 1-11. Available from: www.ncbi.nlm.nih.gov/pmc/articles/PMC8370888/
- (3) Dogra S, Good J, Buman MP, Gardiner PA, Copeland JL, Stickland MK. Physical activity and sedentary time are related to clinically relevant health outcomes among adults with obstructive lung disease. BMC Pulm Med [internet]. 2018. Available from: pubmed.ncbi.nlm.nih.gov/34556383/

Author Profile

Authors' Twitter Handles



- @SJJ_16
- @LucyGardinerPT