The other half of ILD management
: non-pharmacologic intervention

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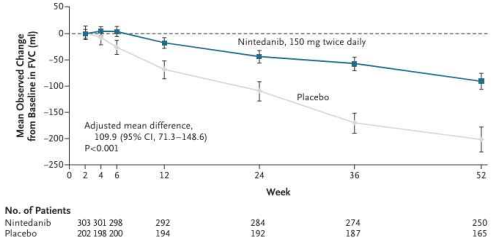
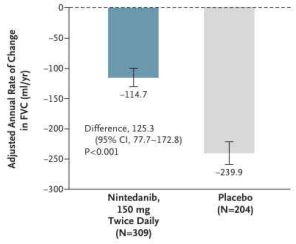
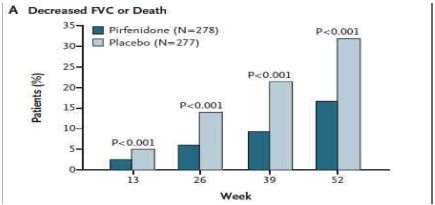
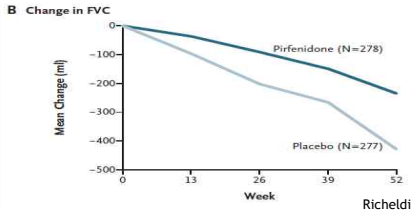
Why non-pharmacological care matters









Richeldi et al., *NEJM*, 2014
King et al., *NEJM*, 2014

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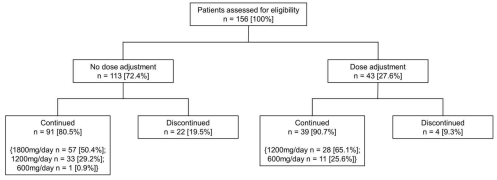
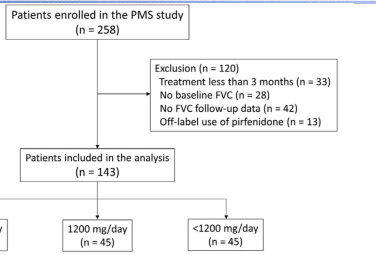
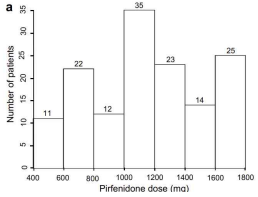
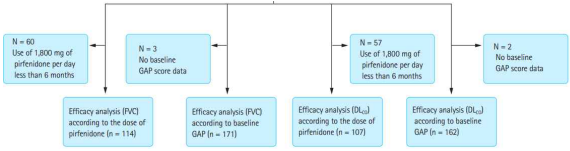


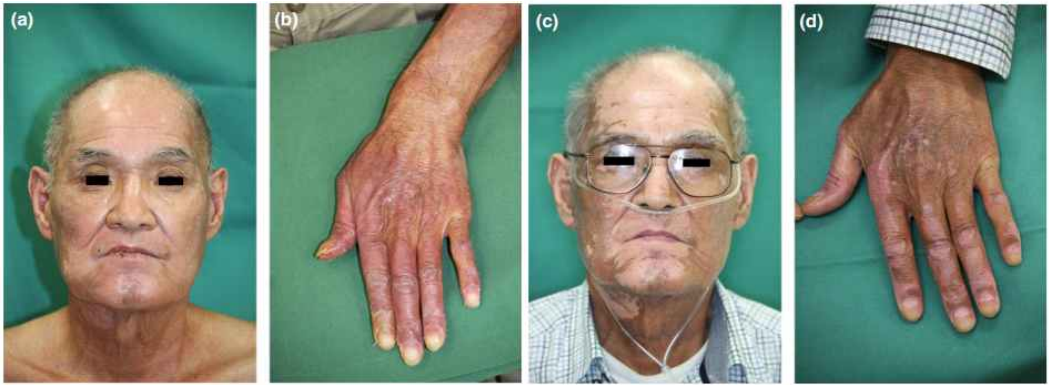






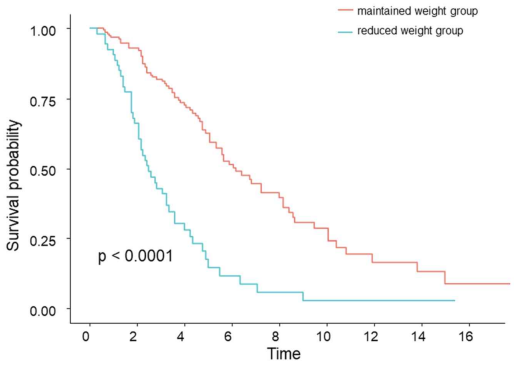
Kim et al., *PLOS One*, 2023
Kang et al., *Frontiers in pharm*, 2023
Song et al., Sci Rep, 2020
Hwang et al., *KJIM*, 2022

Why non-pharmacological care matters



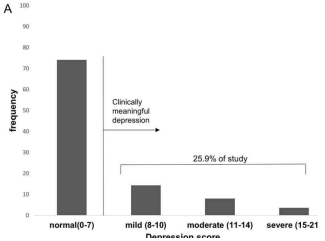
Tsuruta et al., *Journal of Dermatology*, 2016

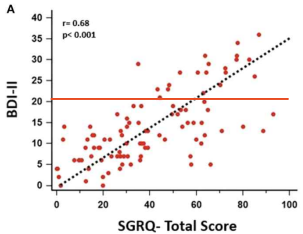
Why non-pharmacological care matters

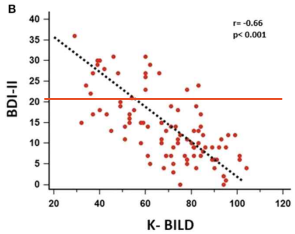


Kim et al., *Scientific reports*, 2022

Why non-pharmacological care matters

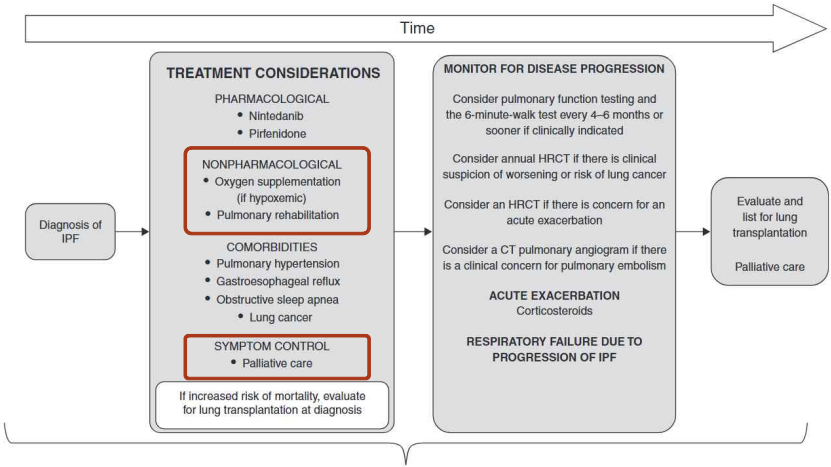






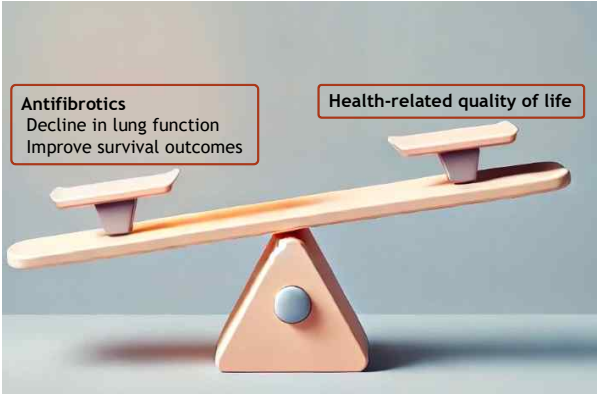
Lee et al., *Plos One*, 2017
Tzouvelekis et al., *Frontiers in medicine*, 2020

Management of patients with IPF & ILDs



Raghu et al., *AJRCCM*, 2022

In real-world,



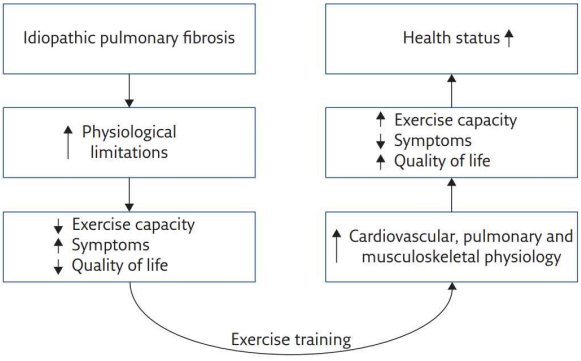
- Why nonpharmacological care matters
- **Pulmonary rehabilitation**
- Oxygen therapy
- Emotional support

Pulmonary rehabilitation (PR)

"Pulmonary rehabilitation is a comprehensive intervention based on a thorough patient assessment followed by patient tailored therapies that include, but are not limited to, exercise training, education, and behavior change, designed to improve the ***physical and psychological condition*** *of people with chronic respiratory disease and to* ***promote the long-term adherence to health-enhancing behaviors****."*

Spruit et al., *AJRCCM, 2013*

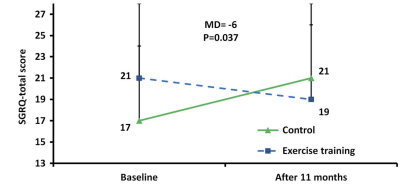
PR

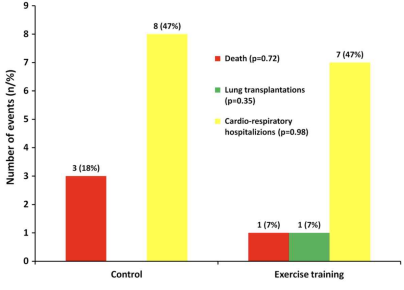


- Minimizing symptom burden
- Maximizing exercise performance
- Promoting autonomy
- Increasing everyday activities
- Enhancing quality of life
- Effecting long-term behavior change

Vainshelboim et al., Breathe, 2016
Spruit et al., *AJRCCM, 2013*

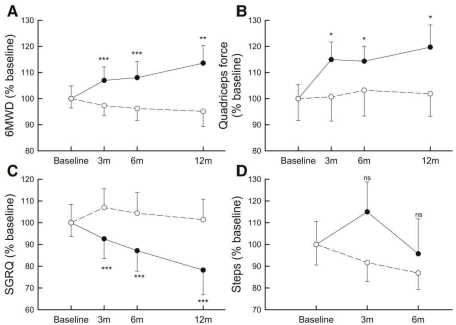
PR





Vainshelboim et al., *Lung*, 2015

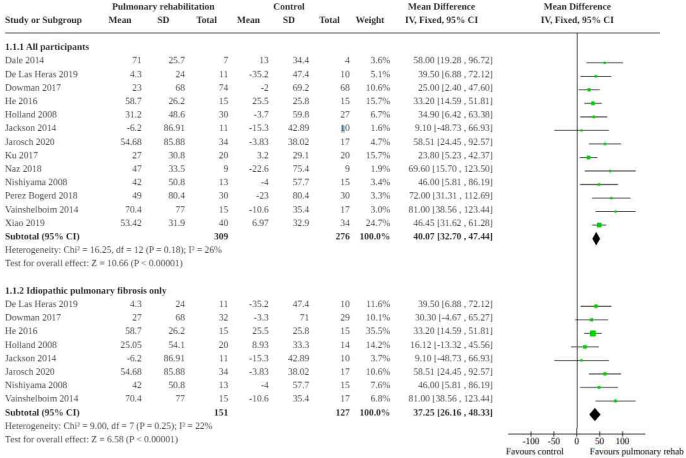
PR



Perez-Bogerd et al., *respiratory research*, 2018

PR: short-term effect

6MWD



Cochrane library (2021)