

## Home-based Pulmonary Rehabilitation with Health Coaching in Patients with Fibrotic Interstitial Lung Disease: A Prospective Pragmatic Randomized Waitlist-Controlled Trial

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

**Inclusion Criteria:**

- fibrotic interstitial lung diseases (F-ILD) diagnosis, any disease subtype, active or prior medical treatment - translators available for non- English speaking participants

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**Exclusion Criteria:**

- unable to walk - cognitive impairment or unable understand and follow instructions - completed traditional center-based pulmonary rehabilitation within past 3 months

### Conditions & Interventions

**Interventions:**

Behavioral: Home-based Pulmonary Rehab

**Conditions:**

Rare Diseases, Respiratory System

**Keywords:**

f-ILD, Lung Fibrosis, Lung Interstitial Disease, pulmonary rehabilitation

### More Information

**Description:** This research study is for people who have a diagnosis of lung fibrosis and are experiencing increased shortness of breath from it. Participation involves being randomly (by chance) selected to participate in either the home-based rehab program right away or an observation only group. If randomly selected to participate in the observation group first, participants will be transitioned to the home-based rehab program after the observation period. Both programs last 12 weeks. The home-based rehab program involves the use of an electronic tablet containing video exercises that to complete daily for a total of 24 minutes of exercise each day. There is also a mindful breathing meditation that lasts about 3 minutes which you will do after completing the video exercises.

**Study Contact:** Mandi DeGrote - carl1032@umn.edu

**Principal Investigator:** Hyun Kim

**Phase:** NA

**IRB Number:** STUDY00024433

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