**PRS Abstract Submission:**

**Background:**

An estimated three million people are affected by Chronic Obstructive Pulmonary Disease (COPD) in the UK (NICE, 2010). COPD accounts for the most common reason for emergency admissions to hospital; accounting for over 1 million ‘bed days’ (NICE, 2010). Approximately 30% of COPD patients discharged from hospital will be readmitted within the next three months (NICE, 2010). These high readmission rates have huge financial implications for the National Health Service (NHS) and negatively impact on an individual’s psychological wellbeing.

Pulmonary rehabilitation programmes consisting of supervised exercise and education on self-management are designed to maximize the functional status and quality of life in individuals with COPD (BTS, 2013). Pulmonary rehabilitation is associated with positive improvements in functional status, but the benefits obtained in exercise performance, quality of life, and symptoms with pulmonary rehabilitation diminish over time. A recent British Thoracic Society (BTS) audit revealed that there are significant barriers to attending pulmonary rehabilitation leading to high drop-out rates (BTS, 2015). The factors influencing long-term participation with pulmonary rehabilitation are complex and require further exploration.

**Objectives:**

* To identify factors influencing uptake and adherence to pulmonary rehabilitation from the perspective of patients, support group members and healthcare professionals.
* Evaluate and synthesise findings to inform the development of an acceptable intervention to promote improved long-term adherence.

**Methods:**

Focus groups will be carried out with a purposive sample of ex-pulmonary rehabilitation patients (2 groups), healthcare professionals (2 groups) and Breathe Easy support group members (2 groups). Verbatim transcripts will form the basis for thematic analysis to gain an enhanced understanding of the factors influencing uptake and adherence with pulmonary rehabilitation programmes. Data collection / analysis will take place between January-July 2016. Further exploration will be carried out with the data.

**Impact / Importance:**

Empowering self-management and psychological well-being through active commitment to maintenance exercise will have a direct impact upon admission avoidance and in turn will have financial savings within the NHS.

The findings from this study will be discussed with local stakeholder groups to inform the development of an intervention to facilitate improved long-term active participation with pulmonary rehabilitation programmes.