**Title:** Do physiotherapists use behaviour change techniques to influence patients’ behaviour and ability to successfully self-manage within the context of Pulmonary Rehabilitation for patients with Chronic Obstructive Lung Disease (COPD)?

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**Background:**

Pulmonary Rehabilitation is associated with positive improvements in functional status, but benefits obtained in exercise performance, quality of life, and symptoms diminish over time (BTS, 2013).

**Aim:**

To investigate how Respiratory Physiotherapists understand, appreciate and use behaviour change techniques as interventions with patients’ self-management in COPD.

**Methods:**

An online survey was sent out to approximately 1,000 members of the Association of Chartered Physiotherapists in Respiratory Care (ACPRC). The survey was open between April - June 2018. Survey questions were analysed using quantitative and qualitative methods. The survey was anonymous and consent was obtained by completion on an opt-in basis.

Questions focussed around the perceptions of self-management, barriers and enablers to self-management from both patient and Physiotherapists’ perspectives as well as behaviour change techniques.

The Framework Method was used to analyse qualitative questions. Quantitative questions were analysed by mapping against the behaviour change taxonomy; a comprehensive list of behaviour change techniques.

**Results:**

32 members responded. Participants primarily used Goal-Setting (n=30), Follow-up Contacts (n=13), Cognitive Behavioural Therapy (n=9) and Health Coaching (n=13) methods. Specific Behaviour Change Techniques such as feedback, using ques and prompts and behavioural contracts were not reported.

84% responded that they educated patients on self-management. Participants described self-management as empowering patients in relation to maintenance, confidence and knowledge.

**Conclusions:**

A limited range of Behavioural Change Techniques are used in clinical practice indicating scope for improvement within self-management education content and delivery. Varying perspectives on what self-management means can influence Physiotherapists’ behaviours towards patients with COPD. An individualised approach is required for successful self-management.

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