

# Evidence Synthesis Ireland Fellowship Scheme 2019

**Review Centre/Group Mentor (RCM)**

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| **Cochrane Airways Australia / Dr Christian Osadnik (**[**christian.osadnik@monash.edu**](mailto:christian.osadnik@monash.edu)**)** |

**Review title** *– please provide the review title*

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| **Pulmonary rehabilitation for adults with asthma** |

**Review type** *– please identify the type of review in question e.g. qualitative synthesis, Cochrane review of effectiveness, rapid review*

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| **Cochrane Review of effectiveness** |

**Review details** *– please identify the topic of the review and a very brief background, objectives and PICO (or other question format details) of the review.*

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| **Background: Asthma affects over 300 million people worldwide and is responsible for a large social and financial burden. Evidence confirms people with asthma are less active than healthy control counterparts, and higher levels of physical activity associate with better measures of lung function, disease control, health status, and health care use. People with asthma should be encouraged to participate in structured exercise training programs wherever possible, and data suggests this to be safe. However, many people struggle to achieve this in an independent or unsupervised environment. One of main therapeutic options available to assist people with chronic lung disease to improve a range of clinically important outcomes is referral to a course of pulmonary rehabilitation (PR). PR is commonly utilised for adults with chronic obstructive pulmonary disease, yet the same is not true for adults with asthma.**  **Objectives: To determine the effect of pulmonary rehabilitation on exercise performance, asthma control and quality of life in adults with asthma compared to usual care.**  **Population: adults aged 40 years or over with a primary clinical diagnosis of asthma**  **Intervention: PR in addition to usual asthma care, defined according to context including, but not limited to, inhaled and oral pharmacotherapy, asthma education, personalised asthma action plan.**  **Comparison: usual asthma care as defined above.**  **Outcomes:**  **1. Exercise capacity**  **2. Asthma control**  **3. Quality of life**  **4. Adverse events** |