

BREATH

**A European Collaborative and Innovative Partnership
to Promote Physical Activity for Patients
with Chronic Respiratory Conditions**

Context and Aims

Chronic respiratory diseases (CRDs) have increased in prevalence and are a major cause of health burden and death worldwide. In general, the total cost of respiratory disease in the 28 countries of the EU alone is over 380 billion euros annually. As the disease progresses, complications can become more frequent and complex. Current evidence suggests that physical activity and long-term rehabilitation should be recommended to patients with chronic respiratory disease, as physical activity improves health outcomes and does not significantly increase the risk of harm.

The project aim's to develop rehabilitation programs and plans, improve undergraduate and post-graduate education, improve patient education, educate patient's families and patients organizations, and improve patients quality of life.

Target Groups



**Students in the physiotherapy,
physical activity, sports, nursing
sectors**



**Professionals working in the
physiotherapy, physical activity,
sports, nursing sectors**



**Lecturers and Trainers
in higher education institutions**

Results

EBook publication

It contains the comparison of local conditions in participating countries taking into account epidemiology, organization of National Health Service, management, rehabilitation pathways, and rehabilitation structures, to review the development of physical activity programs for patients with respiratory diseases and local unmet needs.

Database of best practices

It collects successful and unsuccessful experiences in promoting physical activity in patients with respiratory impairments. Experiences are organized according to diseases such as Asthma, Lung Cancer, COPD, Covid19, Interstitial lung disease.

E-learning platform

It is for healthcare and physical activity/sport professionals to help them organize physical activities with patients with respiratory diseases and a digital platform for e-learning.

