

POST OUT

- SPA booklet
- Pulmonary Rehabilitation Programme Booklet
- Disease specific action plan
- BLF disease specific booklet
- Pedometer

AT THE END OF SUBJECTIVE IA

- To explain how to set up pedometer
- Need to wear for 10 hours a day
- Agree a time for end baseline week call

WEEK ONE BASELINE CALL

- Complete PROactive
- Complete Stanford self-efficacy
- Check all other outcome measures completed (diary in SPA booklet)
- Complete guide to SPA calls paperwork

WEEK 2 CALL

- Check has read education booklet/ viewed online education video
- Complete guide to SPA calls paperwork

CALLS WEEKS 3-9

- Check has read education booklet/ viewed online education video
- Complete guide to SPA calls paperwork
- At least 3 motivational interviewing calls to be completed in this time
- On final week do not set goals

WEEK 10 END OF COURSE CALL

- Complete PROactive
- Complete Stanford self-efficacy
- Check all other outcome measures completed

Request patient post the device back to the hospital