



ERS literature update November-December 2025

Composed for group 1.02 by Anouk W. Vaes, PhD and Sarah Houben-Wilke, PhD of the Department of Research and Development in Ciro, Horn, The Netherlands

PULMONARY REHABILITATION

Delivering Community-Based Pulmonary Rehabilitation for Patients With COPD in a Safety-Net Health Care Setting: The COPD Wellness Program.

Seijo LL, Patrick E, DeDent AM, Su G, Thakur N.

Respir Care. 2025 Oct 31. doi: 10.1177/19433654251377041. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/41194692/>

A systematic review of pulmonary rehabilitation nursing interventions for patients with chronic obstructive pulmonary disease.

Kim DJ.

J Exerc Rehabil. 2025 Oct 23;21(5):234-238. doi: 10.12965/jer.2550530.265. eCollection 2025 Oct.

<https://pubmed.ncbi.nlm.nih.gov/41190249/>

Are Australian physiotherapists and exercise physiologists interested in providing pulmonary rehabilitation in primary care? A national survey.

Walsh JA, Dennis SM, Alison JA, Thom JM, Herrmann K, Fisher H, McKeough ZJ, Dale MT.

Aust J Prim Health. 2025 Dec 23;31(6):PY25175. doi: 10.1071/PY25175.

<https://pubmed.ncbi.nlm.nih.gov/41242978/>

Pulmonary rehabilitation across Africa: A continental evaluation of healthcare providers' awareness, availability and utilisation, and barriers to access.

Isiagi M, Okop KJ, Dikgomo K, Bickton FM, Rylance J, Akurut E, Gizamba J, van Zyl-Smit RN.

Afr J Thorac Crit Care Med. 2025 Sep 4;31(3):e2156. doi: 10.7196/AJTCCM.2025.v31i3.2516. eCollection 2025.

<https://pubmed.ncbi.nlm.nih.gov/41255432/>

Effectiveness of digital co-creation platform in remote pulmonary rehabilitation for older adults with chronic obstructive pulmonary disease: a randomized controlled trial.

Huang X, Song X, Sun M, Hou Y, Nan J, Gao J, Fu S, Jiang Y.

Front Public Health. 2025 Nov 10;13:1708607. doi: 10.3389/fpubh.2025.1708607. eCollection 2025.

<https://pubmed.ncbi.nlm.nih.gov/41293596/>

Effectiveness of circuit training in pulmonary rehabilitation for patients with COPD, post-COVID syndrome and asthma.

Naas S, Kolozsvári D, Varga L, Tassó Z, Hammer D, Palmer E, Polivka L, Kováts Z, Müller V, Varga JT.

Physiol Int. 2025 Nov 25;2060.2025.00713. doi: 10.1556/2060.2025.00713. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/41288619/>

The role of preoperative lung rehabilitation training combined with nutritional intervention on surgical tolerance and accelerated recovery indicators in patients with moderate to severe COPD complicated with lung cancer.

Hu Y, Cheng Q, Guo Q.

Front Surg. 2025 Nov 19;12:1667085. doi: 10.3389/fsurg.2025.1667085. eCollection 2025.

<https://pubmed.ncbi.nlm.nih.gov/41346729/>

Cost-effectiveness of a self-management maintenance programme following pulmonary rehabilitation: a UK randomised controlled trial for patients with chronic obstructive pulmonary disease.

Khan AJ, Gumber A, Richardson M, Nolan CMM, Man WD, Singh S, Houchen-Wolloff L, Szczepura A.

BMJ Open Respir Res. 2025 Dec 4;12(1):e003406. doi: 10.1136/bmjresp-2025-003406.

<https://pubmed.ncbi.nlm.nih.gov/41344919/>

Tailored Exercise Prescription for People with COPD and Clinically Relevant Comorbidities: A Consensus Statement of the EXPERT Working Group and Experts in Pulmonary Rehabilitation.

Machado FVC, Coninx K, Neunhaeuserer D, Tonoli C, Niebauer J, Piepoli M, Pedretti R, Kouidi E, Ambrosetti M, Dendale P, Bjarnason-Wehrens B, Beckers P, Cornelissen V, Barna O, Doherty P, Rauch B, Edelmann F, Schwaab B, Takken T, Reibis R, Davos CH, Garcia-Porrero E, Pitta F, Hernandez NA, Stickland MK, Gimeno-Santos E, De Brandt J, Nyberg A, Machado A, Marques A, Burtin C, Gloeckl R, Vogiatzis I, Balbi B, Jensen D, Man WD, Rochester CL, Singh SJ, Franssen FME, Spruit MA, Hansen D.

Sports Med. 2025 Dec 4. doi: 10.1007/s40279-025-02353-9. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/41343041/>

Effects of Home-Based Pulmonary Rehabilitation on Walking, Anxiety and Sleep in Patients With Chronic Obstructive Pulmonary Disease: A Randomized Controlled Trial.

Coşkun S, Şimşek NY, Arslan Y.

Int J Nurs Pract. 2025 Dec;31(6):e70085. doi: 10.1111/ijn.70085.

<https://pubmed.ncbi.nlm.nih.gov/41351250/>

Efficacy and safety of integrated syndrome differentiation-based nursing with pulmonary rehabilitation in patients with chronic obstructive pulmonary disease: A propensity score-matched retrospective cohort study.

Yuan Y, Li X.

Medicine (Baltimore). 2025 Dec 5;104(49):e46104. doi: 10.1097/MD.00000000000046104.

<https://pubmed.ncbi.nlm.nih.gov/41366948/>

Global trends and research hotspots in pulmonary rehabilitation for chronic obstructive pulmonary disease: a bibliometric analysis (2011-2024).

Yuan Q, Zeng Z.

J Thorac Dis. 2025 Nov 30;17(11):10356-10374. doi: 10.21037/jtd-2025-942. Epub 2025 Nov 26.

<https://pubmed.ncbi.nlm.nih.gov/41376938/>

Application of Kano model-based pulmonary rehabilitation interventions in discharge preparation for patients with chronic obstructive pulmonary disease.

Zhang M, Geng T, Wang C.

Am J Transl Res. 2025 Nov 25;17(11):9139-9149. doi: 10.62347/PHNK1143. eCollection 2025.

<https://pubmed.ncbi.nlm.nih.gov/41415089/>

Occupational Therapy Embedded Within Pulmonary Rehabilitation: A Process Evaluation.

McCowan A, Gustafsson L, Bissett M, Wenke R, Sriram KB.

OTJR (Thorofare N J). 2026 Jan;46(1):33-42. doi: 10.1177/15394492251330508.

<https://pubmed.ncbi.nlm.nih.gov/40296510/>

Impact of a pulmonary rehabilitation maintenance program on long-term healthcare resource utilization and costs in COPD patients: ancillary analysis from a real-life post-rehabilitation cohort.

Gouzi F, Espie T, Lopes S, Forthin H, Galmes E, Blervaque L, Préfaut C, Carbonnel F.

Respir Med Res. 2025 Dec 10;89:101243. doi: 10.1016/j.resmer.2025.101243. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/41447775/>

The effects of pulmonary rehabilitation on symptom change and exacerbations in patients with chronic obstructive pulmonary disease: A randomised controlled trial.

Zhang Z, Liu X, Luo B, Zhang T.

Lung India. 2026 Jan 1;43(1):33-38. doi: 10.4103/lungindia.lungindia_254_25. Epub 2026 Jan 1.

<https://pubmed.ncbi.nlm.nih.gov/41474425/>

EXERCISE TESTING AND TRAINING

The Effects of Aerobic Exercise on Prognosis, Quality of Life, and Psychological Outcomes of Patients With Chronic Obstructive Pulmonary Disease: A Systematic Review and Meta-Analysis.

Zhang M, Khan MU.

Chronic Obstr Pulm Dis. 2025 Oct 29. doi: 10.15326/jcopdf.2025.0657. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/41212727/>

Effects of Conical Positive Expiratory Pressure Mask Application During Exercise Training on Pulmonary Rehabilitation Outcomes in Moderate to Severe COPD Cases: A Randomized Controlled Trial.

Ubolsakka-Jones C, Jones DA, Pukdeechat M, Boonsawat W, Khrisanapant W, Domthong P, Chaisuksant S, Dongkhanti P, Nwe AA, Phimphasak C.
Pulm Med. 2025 Oct 31;2025:8828987. doi: 10.1155/pm/8828987. eCollection 2025.
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The impact of exercise modality on the accuracy of normative reference equations to identify abnormal exertional breathlessness in COPD.

D'Souza AW, Ekström M, Solberg S, Jensen D, Stickland MK.
Chest. 2025 Oct 29:S0012-3692(25)05648-X. doi: 10.1016/j.chest.2025.10.021. Online ahead of print.
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Six-minute walking distance is a robust predictor of mortality in stable chronic obstructive pulmonary disease without major comorbidities.

Kvisvik B, Skjørten I, Mykland J, Omland T, Melsom MN, Humerfelt S, Steine K.
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<https://pubmed.ncbi.nlm.nih.gov/41166912/>

Relationship between upper and lower limb function, cognitive impairment, and depression in patients with chronic obstructive pulmonary disease: A cross-sectional study.

Zhang JZ, Wang XY, Ai HJ, Li PP, Chen YJ.
Medicine (Baltimore). 2025 Oct 17;104(42):e44931. doi: 10.1097/MD.00000000000044931.
<https://pubmed.ncbi.nlm.nih.gov/41189162/>

Impact of respiratory muscle training on muscle strength, pulmonary function, symptoms, and quality of life in COPD.

Russian C, Armstead S, Rosenthal E, Shapiro M.
Can J Respir Ther. 2025 Nov 3;61:262-271. doi: 10.29390/001c.146372. eCollection 2025.
<https://pubmed.ncbi.nlm.nih.gov/41200708/>

Effects of various exercise therapies on 6-min walk distance in patients with stable chronic obstructive pulmonary disease: a systematic review and network meta-analysis.

He H, Qin Z, Liu K, Shen G.
Front Med (Lausanne). 2025 Oct 29;12:1668578. doi: 10.3389/fmed.2025.1668578. eCollection 2025.
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Development of a Virtual Home-Based Cycling Intervention for Individuals With Chronic Obstructive Pulmonary Disease: Qualitative Study.

Christensen KK, Bøggild H, Weinreich UM, Stoustrup AL.
JMIR Form Res. 2025 Nov 14;9:e71234. doi: 10.2196/71234.
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Evaluating the physiological responses to treadmill exercise based on the 6-minute walk test in individuals with COPD across severity levels.

Shaphe MA, Alshehri MM, Alajam RA, Ghazwani A, Temehy BF, Sahely A, Husein J Alfaifi B, Hakamy A, Khan A, Aafreen A, Khan AR.

Front Physiol. 2025 Oct 31;16:1668559. doi: 10.3389/fphys.2025.1668559. eCollection 2025.
<https://pubmed.ncbi.nlm.nih.gov/41245268/>

Chronic respiratory diseases and their effect on physical performance and frailty: a workplace-based comparative cross-sectional study among male dairy workers in Pakistan.

Tariq A, Ammar M.

BMJ Open. 2025 Nov 19;15(11):e107419. doi: 10.1136/bmjopen-2025-107419.
<https://pubmed.ncbi.nlm.nih.gov/41263907/>

Inspiratory Muscle Training and Aerobic Exercise Affect Chronic Obstructive Pulmonary Disease Patients With Intermittent Claudication: A Randomized Controlled Trial.

Elsayed MM, Farahat RM, Serry ZH, Almeldin AI.

Physiother Res Int. 2026 Jan;31(1):e70130. doi: 10.1002/pri.70130.
<https://pubmed.ncbi.nlm.nih.gov/41287032/>

Muscle Unloading During Exercise: Comparative Effects of Conventional Oxygen, NIV, and High-Flow Therapy on Neural Drive in Severe COPD.

Sayas-Catalán J, Villena Garrido V, Lalmolda C, Hernández-Voth A, Corral-Blanco M, Jiménez-Gómez M, González-Ramos L, Luján M.

J Clin Med. 2025 Nov 17;14(22):8150. doi: 10.3390/jcm14228150.
<https://pubmed.ncbi.nlm.nih.gov/41303187/>

Non-linear threshold effects of kinesiophobia on exercise adherence in older adults with COPD: a segmented regression analysis.

Feng L, Ji HY, Yang QQ, Yao L.

Front Public Health. 2025 Nov 12;13:1668157. doi: 10.3389/fpubh.2025.1668157.
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<https://pubmed.ncbi.nlm.nih.gov/41312249/>

Determinants of Balance Impairment in Individuals with Chronic Obstructive Pulmonary Disease: A Secondary Analysis of a Randomized Controlled Trial.

Alrabbaie H, Beauchamp M, Ellerton C, Goldstein R, Lee AL, Alison JA, Dechman G, Haines KJ, Harrison SL, Holland AE, Marques A, Spencer L, Stickland MK, Skinner EH, Brooks D.

Respir Med. 2025 Nov 25:108537. doi: 10.1016/j.rmed.2025.108537. Online ahead of print.
<https://pubmed.ncbi.nlm.nih.gov/41308797/>

Early termination of six-minute walk test in COPD as simple prognostic marker vs. BODE index.

Youk CS, Kim DK, Rhee CK, Choi CW, Lim SY, Kim SH, Lee JH, Yoon HK, Yoo KH, An TJ; Korean COPD Subgroup Study Group.

Respir Med. 2025 Nov 25:108538. doi: 10.1016/j.rmed.2025.108538. Online ahead of print.
<https://pubmed.ncbi.nlm.nih.gov/41308795/>

The impact of respiratory training on diaphragmatic function in elderly COPD patients with sarcopenia.

Guo H, Yan F, Li X.

BMC Pulm Med. 2025 Nov 29. doi: 10.1186/s12890-025-04035-8. Online ahead of print.
<https://pubmed.ncbi.nlm.nih.gov/41318458/>

Effects of moderate intensity continuous training combined with emotional freedom techniques on fatigue in patients with chronic obstructive pulmonary disease: A four-arm parallel randomized controlled trial.

Wang J, Yao JL, Cai SS, Yu YD, Chen LP, Wang ZQ, Liu Y, Huang LH.

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Early termination of six-min walk test in COPD as simple prognostic marker vs. BODE index.

Youk CS, Kim DK, Rhee CK, Choi CW, Lim SY, Kim SH, Lee JH, Yoon HK, Yoo KH, An TJ; Korean COPD Subgroup Study Group.

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High-intensity inspiratory muscle training and diaphragm thickness in severe COPD: a prospective pilot study.

Minamishima D, Asato Y, Tsuji K, Anamizu R, Hasegawa N, Shiihara D.

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<https://pubmed.ncbi.nlm.nih.gov/41389528/>

Activation of regenerative pathways by exercise intervention in subjects with chronic obstructive pulmonary disease - a study protocol.

Larsson C, Elowsson L, Tufvesson E, Cederberg A, Öhrneman H, Falcones B, Karlsson L, Akbarshahi H, Ankerst J, Bjermer L, Palm A, Löndahl J, Malinowski A, Janson C, Emtner M, Westergren-Thorsson G.

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<https://pubmed.ncbi.nlm.nih.gov/41388411/>

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Magunagoikoetxea-Comins G, Jiménez-García ME, Pérez-Ferreiro M, Fernandez-Pardo TE.

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PHYSICAL ACTIVITY

Dose-response relationship of physical activity and sedentary time with mortality in people with chronic obstructive pulmonary disease: an analysis of UK biobank accelerometer cohort.

Zhou W, Veliz PT, Pu J, Luo W, Shang S, Larson JL.

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Dalla Lana K, Frei A, Radtke T, Braun J, Puhan MA, Steurer-Stey C.

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Yang J, Wang XL, Zhong WF, Gao J, Chen H, Chen PL, Huang QM, Zhang YX, You FF, Li C, Song WQ, Shen D, Ren JJ, Liu D, Li ZH, Mao C.

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Tang H, Shen H, Chen G, Luo X, Wu Q, Liu Y.

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Latent profile analysis and related factors of physical activity in older adults with chronic obstructive pulmonary disease.

Wang XX, Zheng WH, Zhang J, Xu LL, Su Y, Zhang J, Xu M.

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Vásquez-Andrade R, Delgado-Ortiz L, Arbillaga-Etxarri A, Gimeno-Santos E, Balcells E, Celorrio N, Vilaró J, Rodríguez-Chiaradía D, Rodríguez-Roisin R, Simonet P, Vall-Casas P, Garcia-Aymerich J.

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Tuberc Respir Dis (Seoul). 2025 Dec 16. doi: 10.4046/trd.2025.0121. Online ahead of print.

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Diminishing activities of daily living as severity of chronic breathlessness worsens: a national, cross-sectional survey.

Kochovska S, Chang S, Ferreira D, Brunelli V, Macdonald J, San H, Olsson M, Sandberg J, Luckett T, Johnson MJ, Ekström M, Currow D.

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Wang CC, Chen YY, Yen YF, Wu SJ, Chou YS, Chen CC, Lin YK, Chen CL, Hsu LF, Lai YJ.

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Yamamoto T, Hirano T, Doi K, Fukatsu-Chikumoto A, Oishi K, Takahashi K, Asai K, Sasaki S, Nakanishi M, Minakata Y, Matsunaga K.

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Minakata Y, Sasaki S, Murakami Y, Kawabe K, Ono H, Takahashi K, Asai K, Nakanishi M, Hirano T, Matsunaga K.

Int J Chron Obstruct Pulmon Dis. 2025 Dec 25;20:4103-4114. doi: 10.2147/COPD.S550846. eCollection 2025.

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Effects of wearable devices on physical activity monitoring in pulmonary rehabilitation programs for chronic respiratory diseases: a systematic review and meta-analysis.

Oliveira TRA, do Nascimento Sales Figueiredo Fernandes AT, Santino TA, da Silva Menescal FEP, de Miranda Silva Nogueira PA.

Sci Rep. 2025 Dec 29;15(1):44767. doi: 10.1038/s41598-025-28554-w.

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Characteristics of responders and short- and medium-term effects of a behavioural intervention to increase physical activity in moderate-to-severe asthma.

Francisco de Lima F, de Melo Batista Dos Santos J, Lunardi AC, Araújo Pinheiro DH, Pires de Oliveira YA, Giavina-Bianchi P, Agondi RC, Carvalho-Pinto RM, Carvalho CRF.

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<https://pubmed.ncbi.nlm.nih.gov/41482256/>

TELEMEDICINE

Development and validation of self-management education module of ChestCare app: Empowering healthy behaviours in chronic obstructive pulmonary disease.

Ghaben SJ, Mat Ludin AF, Singh DKA, Mohamad Ali N.

Clin Rehabil. 2025 Nov 5:2692155251391680. doi: 10.1177/02692155251391680. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/41190998/>

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Mahmoud A, El Hajj MS, Treadgold BM, Hardy L, Khalid S, Smith J.

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Zhu J, Kikuchi Y, Nishimura S, Shibata K.

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Gregersen S, Hansen H, Nielsen C, Hald MH.

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Newhouse N, Ulyte A, Marciniak-Nuqui Z, van Dael J, Marjanovic S, Brennan S, Shaw S.

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Wearable Sleep Measures May Improve Machine Learning Prediction of Home-based Pulmonary Rehabilitation Engagement Among Patients With Chronic Obstructive Pulmonary Disease: A Proof-of-Concept Study.

Zawada S, Faust L, Enayati M, Madigan N, Winham S, Benzo R, Fortune E.

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Alghamdi NS, Colton NA, Taylor P.

Healthcare (Basel). 2025 Nov 11;13(22):2858. doi: 10.3390/healthcare13222858.

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Clinical Provider Perspectives on Remote Spirometry and mHealth for COPD.

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Telehealth pulmonary rehabilitation enhances functional capacity and quality of life in veterans with chronic obstructive pulmonary disease: a 12-week single-arm intervention study.

Ouattas A, Azarian M, Bryant MS, Nguyen CK, Rodriguez N, Torres Ruiz IP, Sharafkhaneh A, Najafi B.

Sci Rep. 2025 Nov 28. doi: 10.1038/s41598-024-84518-6. Online ahead of print.

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Clinical Efficacy of Smartphone App-Based Pulmonary Rehabilitation in Chronic Respiratory Diseases: Randomized Controlled and Feasibility Trials.

Chung C, Kim AR, Kang DY, Kim S, Oh J, Kim HJ, Park B, Lee SH, Kim D, Kwon H, Jo MW, Lee SW.

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