

# ATS Spotlight 2025: Pulmonary Rehabilitation Assembly Early Career Professionals



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### *Tell us about yourself.*

I'm an avid traveller and indoor climber. I appreciate diverse cuisines and am always eager to try any dish that comes my way.

### *Is your research clinical, basic science, or translational?*

I conduct clinical research with a focus on translating findings into practical applications.

### *Tell us about your research.*

My research examines how people with airway disease engage with physical activity and sedentary behaviour, identifying barriers and facilitators to inform targeted approaches for optimising daily movement patterns.

### *Where do you see yourself in 5 years?*

I hope to be leading my own research programme and drive research that can effectively enable people with airway diseases to optimise their movement behaviours.

### *How has the Pulmonary Rehabilitation Assembly contributed to your career?*

Participating in the ATS Pulmonary Rehabilitation Assembly Journal Club and using online resources enables me to stay current with relevant literature and guidelines.

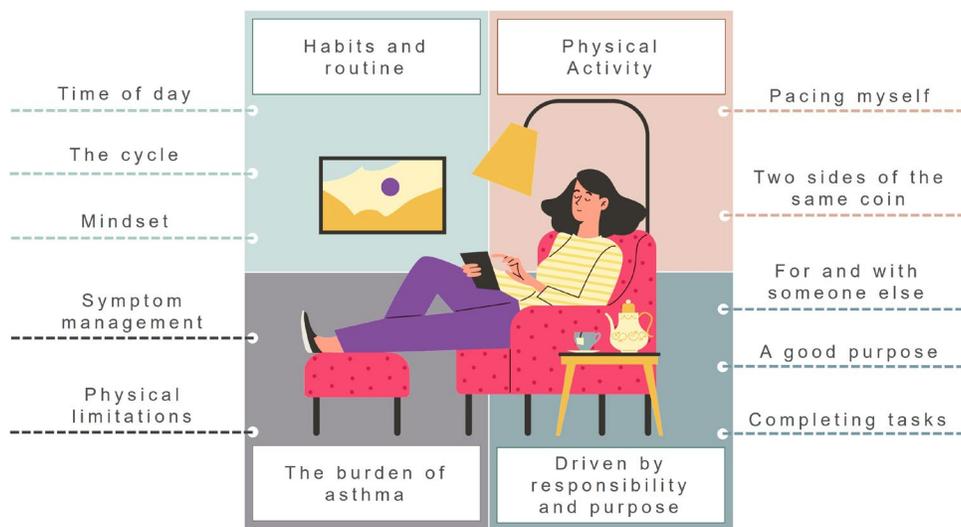
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## Increasing physical activity in severe asthma: a systematic review and meta-analysis - doi.org/10.1183/13993003.00546-2022

There is evidence supporting the effectiveness of interventions in improving physical activity in adults with severe asthma, higher-quality, large-scale studies of longer duration are needed to determine the optimal intervention.

## Perceptions of sedentary behaviour in people with severe asthma: A qualitative study - doi.org/10.1186/s12889-024-20446-4

The results of this qualitative study offers insights into the perspectives of people with severe asthma regarding sedentary behaviour, highlighting the identification of strategies that can be implemented to improve sedentary behaviour in this population.



## Key Considerations When Addressing Physical Inactivity and Sedentary Behaviour in People with Asthma - doi.org/10.3390/jcm12185998

A personalised physical activity programme incorporating different strategies is needed for people with asthma and. there was minimal evidence to provide recommendations to optimise sedentary behaviour in asthma.

## Physical capacity and inactivity in obstructive airway diseases: a 'Can do, do do' analysis - doi.org/10.1183/23120541.00108-2024

Many people with OAD may be inactive (don't do) because they do not have the physical capacity (can't do) to participate in moderate to vigorous physical activity (MVPA)

