

# ATS Spotlight 2024: Pulmonary Rehabilitation Assembly Early Career Professionals



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### *Tell us about yourself.*

I am passionate about working with and learning from patients! In my spare time, I like to read books and travel around the world.

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

Clinical

### *Tell us about your research.*

I have started my research career implementing PR in low-resource settings for people with chronic respiratory diseases. Recently, I have finished my PhD, which consisted of a home-based physical activity programme embedded in daily routine for people with interstitial lung diseases.

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

My main goal is to continue doing research to improve the quality of life of people with chronic respiratory diseases, especially those with interstitial lung disease and their informal caregivers, with whom I worked most closely during my PhD.

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

Educational content and the Journal Clubs has contributed significantly to my career development. Recently, I became an ATS member and I am looking forward to discover new opportunities.

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## PhD research

*Person-centered home-based care for people with interstitial lung disease*

**1**  **Cut-off: 41 steps**



SCAN ME


Paixão et al. *Pulmonology*. 2023 Sep 22:S2531-0437(23)00158-7


**3** **iLiFE** 



SCAN ME

Paixão et al. *Heart Lung*. 2023 Jul-Aug;60:20-27

**2** **Unsupervised physical activity** 



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Paixão et al. *Pulmonology*. 2022 Feb 9:S2531-0437(22)00016-2

**4** 



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