



Karaoke as a feasible alternative therapy to pulmonary rehabilitation for COPD

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Shareable abstract (@ERSpublications)

Exercise adherence is frequently a concern in pulmonary rehabilitation for COPD. Some people like singing more than physical exercise, so the use of karaoke might be a feasible alternative to pulmonary rehabilitation for COPD. <https://bit.ly/3q7l1ea>

Cite this article as: Yuge M, Hori S, Ushida K, *et al.* Karaoke as a feasible alternative therapy to pulmonary rehabilitation for COPD. *Eur Respir J* 2022; 59: 2103113 [DOI: 10.1183/13993003.03113-2021].

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Received: 8 Dec 2021
Accepted: 10 Dec 2021

To the Editor:

We read with great interest the article by KAASGAARD *et al.* [1] on the effect of singing as a part of pulmonary rehabilitation for COPD. A previous Cochrane review of this research question did not provide a clear conclusion [2]. They showed that singing for lung health training is noninferior to standard physical exercise training. Although the authors anticipated higher adherence to singing therapy, no difference was observed in adherence between the two intervention methods, and 25.5% of the patients dropped out of the singing for lung health training. We believe that adherence to singing therapy could be improved using some ideas, and we discuss some strategies to increase adherence.