

Rehabilitation takes an important part in the care for lung transplant candidates with chronic lung disease. The theoretical part of this thesis summarizes current knowledge about motivation and adherence to rehabilitation, about telerehabilitation options (telemonitoring physical activity using pedometer), and their use in lung transplant candidates. In the practical part it was investigated whether extrinsic motivation (education, pedometer, communication with physiotherapist via e-mail) leads to an improvement in the six-minute walking test outcome (6MWD) or in adherence to rehabilitation in lung transplant candidates. It was found no statistically significant improvement in 6MWD nor in adherence to rehabilitation in extrinsically motivated patients waiting for a lung transplant. However, data suggested increasing trend of 6MWD after intervention.