

Table 2: Participant characteristics (number unless stated)

	Intervention (n=21)	Control (n=10)
Age group		
≤65 years	4	2
66 – 80 years	15	8
≥80 years	2	0
Sex (Male %)	71	70
MRC Grade		
Grade 1	9	1
Grade 2	12	9
HRQoL		
0	7	4
1	14	6
Geography		
Urban	13	6
Rural	8	4
Employment status		
Retired	19	10
Semi-retired	2	0

Smoking Status: Occasional = <5 cigarettes per day; Heavy = 20 plus cigarettes per day; Medical Research Council (MRC) dyspnea grade: 1 = only breathless on strenuous exercise; 2 = short of breath when hurrying on level ground or up a slight hill; Health Related Quality of Life (HRQoL) – Functional limitations item of St George’s Respiratory Questionnaire: 0 = COPD does not stop me doing anything that I want to do; 1 = COPD stops me doing one or two things that I would like to do