

TO STUDY THE IMPACT OF PULMONARY REHABILITATION ON HEALTH RELATED QUALITY OF LIFE AMONG COPD PATIENTS IN A TERTIARY CARE CENTRE

Key words: COPD, Pulmonary rehabilitation, SGRQ, 6MWD

BACKGROUND:

COPD is a systemic disease. Skeletal muscle dysfunction is one of the main systemic effects. Muscle strength and endurance are decreased, muscle fatigability is increased leading to reduced exercise capacity & poor quality of life. Pulmonary rehabilitation is a multidisciplinary program of which exercise training is the core component resulting in an improvement in dyspnea, fatigue and quality of life. Despite its proven effectiveness and strong scientific recommendations it is generally underutilized & strategies for increasing access to rehabilitation services are needed.

AIM:

Impact of Pulmonary rehabilitation on COPD patients (in terms of quality of life, exercise capacity, exacerbations) and outcomes of hospital based outpatient & home based program for 12 weeks will be analyzed.

METHODS:

72 Patients who fulfilled the inclusion criteria were randomized into three distinct groups: an outpatient group who performed all activities at the clinic, a home-based group who performed the activities at home and a Non rehabilitation group. Rehabilitation program consisted of a combination of aerobic exercises, strength & endurance of upper and lower limbs 3 times a week for 12 weeks.

RESULTS:

Post pulmonary rehabilitation there is a significant improvement in SGRQ scores, 6MWD and BODE Index & reduction in exacerbations with a P value of <0.0001 in Outpatient and Homebased rehabilitation group, the outcomes are similar. Non rehabilitation group does not show any significant improvement.

CONCLUSION: Pulmonary rehabilitation significantly improves the quality of life and exercise capacity of a COPD patient. A home-based self-monitored program is as effective as outpatient pulmonary rehabilitation and is a valid alternative for the management of patients with COPD.

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