

European Respiratory Society Annual Congress 2012

Abstract Number: 4122

Publication Number: P1190

Abstract Group: 9.2. Physiotherapists

Keyword 1: Quality of life **Keyword 2:** Transplantation **Keyword 3:** Physiotherapy care

Title: Quality of life in patients awaiting lung transplantation and the correlation of functional capacity

Ms. Maria Ignez 26791 Feltrim mi.feltrim@yahoo.com.br , Mr. Andrei 26792 Rozanski fisioterapia@incor.usp.br , Ms. Camila 26793 Oliveira fisioterapia@incor.usp.br , Ms. Crisitna 26794 Martins fisioterapia@incor.usp.br , Ms. Leila 26795 Ferreira fisioterapia@incor.usp.br and Prof. Dr Paulo 26812 Pego paulo.pego@incor.usp.br . ¹ Physiotherapy, Heart Institute HCFMUSP, São Paulo, SP, Brazil .

Body: Background: Patients awaiting lung transplantation (LTx) have poor long-term survival rates and quality of life (QOL). The QOL decreases due to long waiting times, dyspnea and functional incapacity caused by deterioration lung function. Aims: a) To study the QOL of patients awaiting LTX. b) To identify the association between QOL and functional variables in different lung disease diagnoses. Methods: 170 patients were included. The health-related quality of life questionnaires, SF-36 and SGRQ, were applied. Exercise tolerance (6min walk test), lung function (FEV1,FVC), maximal inspiratory pressure (MIP) were also measured in the first year of the inclusion on the waiting list. One way-ANOVA and Pearson' correlation tests were applied to statistically significance $p < 0.05$. Results: The patients were divided into the following groups: Bronchiectasis (BQ=48); Emphysema (E=37), Cystic Fibrosis (CF=47) and Pulmonary Fibrosis (PF=38). The CF was younger (24y.) and had lower BMI (18kg/m²). In all groups, the worst scores were in the domains Functional Capacity (25, 15,35 and 15 respectively) and Physical Aspects (0, 25, 25 and 0 respectively) on the SF-36. the highest scores were in the Emotional Aspects and Mental Health domains. On the SGRQ the worst scores for all groups were in the Activities (84,92,72 and 87 respectively). QOL showed moderate, but significant correlation to the distance walked in the BQ ($r=0,42$ $p=0,002$) and FC ($r=0,4$ $p=0,003$) groups and to the lung function in the PF and E groups (FVC and FEV1, respectively). Conclusion: This study indicates that patients awaiting LTx suffer severe functional impairment mainly related to their mobility.