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Title: The evaluation of pulmonary rehabilitation on health status in COPD patients by CAT questionnaire

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Body: COPD symptoms cough, shortness of breath, wheezing, and chest tightness cause limited basic activity. The level of physical disability experienced by patients with COPD varies considerably. Pulmonary rehabilitation (PR) is recommended for patients with chronic lung diseases. The aim of our study was to evaluate the influence of pulmonary rehabilitation on health status in COPD patients by using CAT questionnaire. **METHODS** - We evaluated 30 patients with stable COPD, involved in Pulmonary Rehabilitation program, for a period of 6 months. Severity of airflow obstruction was assessed by standard spirometry and classified by the Global initiative for Obstructive Lung Disease (GOLD) criteria; functional capacity was evaluated by the 6-min walk distance (6MWD). The impact of COPD on health status was assessed using COPD Assessment Test (CAT). All measures were obtained at baseline and 6 month. **RESULTS** - The patients' average age was 62 years (46-74). All the patients were categorized with moderate to severe COPD. Impact level at initial CAT score was medium and high. After 6 months of pulmonary rehabilitation lung function testing showed marginal improvement of vital capacity ($+1 \pm 0.6\%$); 6MWD improved by 59 ± 2 m (14%) and the mean CAT questionnaire demonstrated a reduction of the score for -2.4 ± 5.1 units. **CONCLUSIONS** - Pulmonary rehabilitation is a highly effective and safe intervention that improves physical activity, health status and quality of life in COPD patients. The correlation of 6MWD and CAT score may point that CAT questionnaire is sensitive in the evaluation of PR.