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Title: Where does the impact of pulmonary rehabilitation happen?

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Body: Background. Pulmonary rehabilitation (PR) has proven its benefits with specific impairment in pulmonary disease and the functional difficulties emerging from that impairment. Reduction in functional difficulties reflects in better quality of life, lowered depression and anxiety symptoms more than in improved objective measures of pulmonary function. Aim. The aim of this study was to assess in which segments does the impact of PR occur and to see whether asthma and COPD patients differ in size of the impact. We hypothesised that the main impact is sustained in subjective measures of improved health. Methods. Retrospective data was gathered from 95 outpatients with asthma and COPD who completed comprehensive PR program through 15-20 scheduled visits. Data was gathered from disease specific questionnaires of symptom control (ACT, CAT), pulmonary function tests, 6-min walking test, saturation and psychological variables – depression, anxiety, stress and quality of life. Results. We found significant difference in asthma and COPD symptom control pre and post treatment ($p(\text{ACT,CAT}) < .01$), FEV1 ($p < .05$) and 6-min walking test ($p < .01$), quality of life ($p < .05$), depression ($p < .05$), anxiety ($p < .01$) and stress ($p < .01$). No difference was found in FVC, IVC, PEF and SaO₂. No significant difference was found in treatment effect among asthma and COPD patients. Conclusions. The impact of pulmonary rehabilitation mainly consists of improvements in symptom control, FEV1, 6-minute walking test result, quality of life and anxiety, depression and stress levels. It seems that asthma and COPD patients do not differ in the effects of pulmonary rehabilitation program.