

European Respiratory Society Annual Congress 2013

Abstract Number: 4347

Publication Number: P3745

Abstract Group: 1.2. Rehabilitation and Chronic Care

Keyword 1: COPD - management **Keyword 2:** Rehabilitation **Keyword 3:** Chronic disease

Title: The psychological status in COPD patients – The influence of the complex psychology rehabilitation

Dr. Larysa 28122 Botvinikova lbot@i.ua MD ¹, Dr. Anna 28123 Garagulya lbot@i.ua ¹ and Dr. Yulia 28124 Guba lbot@i.ua ¹. ¹ Internal Medicine, Dnepropetrovsk Medical Academy, Dnepropetrovsk, Ukraine, 49074 .

Body: Aim: to study the peculiarities of the psychological status in COPD patients and to assess their changes after the course of the long-term treatment and pulmonary rehabilitation (PR). Study population: we examined 127 patients (103 – men, middle age $57,7 \pm 3,4$) COPD patients, who were divided into 2 groups: 1-st – 63 patients who's complex treatment involved medicine and long –term pulmonary rehabilitation course (pulmonary rehabilitation, psychotherapy treatment and antismoking program; 2-nd group – 64 COPD patients, who received conventional therapy (GOLD,2011) at the ordinary out-patient department. Methods: the psychology status was assessed by Zung test (level of depression) and Spilberger-Hanin scale (the level of personal and situational anxiety). All measurements were carried out before and after 1-year course. Results: the increasing level of the depression in patients of both group – $53,21 \pm 1,97$ and $55,12 \pm 2,12$ accordingly (normative index – $31,7 \pm 0,97$); the level of the personal anxiety was $44,56 \pm 0,97$ in patients of the 1-st group and $43,7 \pm 0,87$ in patients of the 2-nd group (normative index – $26,6 \pm 0,84$). After the regular monitoring, long-term complex treatment and pulmonary rehabilitation course we revealed the significant changes of the psychological status in the patients of the 1-st group: the decreasing of depression ($43,7 \pm 1,78$ p <0,05) and anxiety ($34,2 \pm 1,67$ p <0,05) levels. Conclusions: the COPD significantly changes the patient's psychological status; 2) the regular monitoring, complex treatment and course of pulmonary rehabilitation allows to reach the positive psychological changes in COPD patients.