Abstract Group: 9.2. Physiotherapists

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Title: Investigation of balance problems and affecting factors in COPD patients

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Body: Aim: The aim of this study was to investigate balance problems and affecting factors in stable chronic obstructive pulmonary disease (COPD) patients. Methods: Patients who were hospitalized in the department of chest disease with a diagnosis of COPD with stable clinical condition participated in this study. Functional balance of patients was assessed by Berg Balance Scale (BBS). Tampa Scale for Kinesiophobia (TSK) was used to inquire fear of effort adapted symptom of dyspnea. Fatigue was examined by Checklist Individual Strength (CIS) Scale. Severity of dyspnea was evaluated using Medical Research Council Scale (MRCS). Results: A total of 30 patients, 4 women and 26 men were enrolled (mean age= 62.0 ± 10.4 years, mean body mass index= 24.09 ± 4.2 kg/m2). Mean FEV1% predicted was 29.46 ± 14.75. Cases was found with a moderate risk of falling (mean BBS score= 34.16 ± 15:58). The fear of effort due to dyspnea was found to be high (mean TSK score= 42.0 ± 14.6). There was no relationship between FEV1 and body mass index with balance scores. Balance was found to be correlated with severity of dyspnea, fear of effort and fatigue (p<0.01). Conclusion: Balance is affected because of the dyspnea, fear of effort due to the dyspnea and fatigue in COPD patients adversely. It is thought to increase the risk of falls. According to our results; we suggest that assessment and improving of these parameters should be a component of pulmonary rehabilitation programs in clinical practice.