

European Respiratory Society Annual Congress 2013

Abstract Number: 3471

Publication Number: P2249

Abstract Group: 1.2. Rehabilitation and Chronic Care

Keyword 1: COPD - management **Keyword 2:** Rehabilitation **Keyword 3:** Quality of life

Title: CAT (COPD assessment test) in the initial assessment for pulmonary rehabilitation program

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Body: AIM: COPD Assessment Test (CAT) containing 8 questions, is recently introduced instrument to evaluate health-related quality of life in COPD. We aimed to examine association between CAT and health-related quality of life, exercise capacity and lung function test in the initial assessment for pulmonary rehabilitation program. METHOD: 22 stable COPD patients (1 female) were enrolled. Sensation of dysnea was assessed with MRC dyspnea scale, health related quality of life with CAT and S.George Respiratory Questionnaire (SGRQ), daily living activities with London Chest Daily Living Scale (LCDL) and exercise capacity with Incremental Shuttle Walking Test (ISWT) and Endurance Shuttle Walking Test (ESWT). Lung function tests and ages were also recorded. RESULTS: Parameters of patients are summarized in Table 1.

Table1: Parameters

Recorded Parameters	Mean	SD
AGE	61	7
MRC	3	0.8
SGRQ symptom	72	15
SGRQ activity	70	22
SGRQ impact	55	21
SGRQ total	63	18
%FVC	53	15
%FEV1	34	12
FEV1/FVC	49	12
ISWT (meters)	223	97
ESWT (min)	8	6

CAT	23	8
LCDLS self care	9.2	3
LCDLS domestic	4.8	9
LCDLS physical	5.3	1
LCDLS leisure	5.4	1
LCDLS total	24.8	13

There were positive correlations between CAT and MRC dysnea scale ($p:0,01$), SGRQ activity, impact and total scores (p values: $0.03,0.005,0.002,0.009$; respectively), LCDL scale self-care, physical, leisure and total scores ($p:0.03,0.005,0.002,0,003$; respectively). There were no associations between CAT and %FEV1, %FVC, and exercise capacity. CONCLUSION: The study demonstrated that CAT is as feasible, practical and reliable as other tests in determining the sensation of dyspnea, quality of life, and daily living activity in initial assessment of COPD patients admitted to PR program.