Relationship between London chest daily living activity scale and i-BODE index in COPD

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INTRODUCTION-AIM: Positive effects of the increase of exercise capacity on daily living activity is one of the biggest targets for COPD patients going on Pulmonary Rehabilitation(PR) programmes. In this study, it was aimed to evaluate the relationship between i-BODE index, a multi-scoring system evaluating exercise capacity by Incremental Shuttle Walk Test(ISWT), and London Chest Activity of Daily Living(LCADL) scale which is used for evaluating daily living activities. MATERIALS-METHODS: 38 patients directed for PR programme with COPD diagnosis were evaluated before PR by methods below: Body composition by bioelectrical impedance system, obstruction grading by lung function tests, dyspnea perception by Modified Medical Research Council(MMRC), exercise capacity by Incremental Shuttle Walk Test(ISWT), daily living activity by London Chest Activity of Daily Living (LCADL) scale. RESULTS: Mean age of the cases were 61.61±6.08 years and 34 were male. Median value for LCADL was found 18.5, ISWT 220 meters(interquartile range: 205 m.), FEV1 %33(interquartile range: %21) and i-BODE index 5. The relationship between total score of daily living activity and MRC, ISWT, FEV1 and i-BODE index was found statistically significant(in order r=0.441 p=0.006, r=-0.557 p<0.001, r=-0.525 p=0.001, r=0.559 p<0.001). DISCUSSION: This study showed that during configuring personal PR programmes in COPD, daily living activities must take part in the initial evaluation with the other compounds.