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Title: i-BODE for evaluating the efficiency of pulmonary rehabilitation in patients with COPD

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Body: INTRODUCTION-AIM: BODE index is used for evaluating the morbidity, mortality, prognosis and the efficacy of Pulmonary Rehabilitation(PR) in COPD. In this study it was aimed to evaluate the efficiency of i-BODE index, which is a well correlated test with VO2 peak, in PR programme (PRP). MATERIALS-METHODS: 228 patients having COPD were evaluated before and after PRP. Body composition and obstruction grading were respectively evaluated with bioelectrical impedance method and pulmonary function tests. Dyspnea was assessed with the Modified Medical Research Council (MMRC) scale. Exercise capacity was measured using the Incremental Shuttle Walk Test (ISWT) and Endurance Shuttle Walk Test (ESWT). RESULTS: The mean age of the patients was 63.28 ± 8.56 years. 189 of them were males. After PR, the decrease in i-BODE index was statistically significant.(i-BODE pre: 4.74 ± 2.3, i-BODE post: 3.54 ± 1.9, $p<0.05$). Exercise endurance duration and i-BODE was negatively correlated and this relationship was found statistically significant.($r = -0.297$ $p<0.05$). DISCUSSION: By this first study, it was shown that being a multidimensional scoring, i-BODE index is a sensitive method for evaluating the efficiency of the in patients with COPD.