

European Respiratory Society Annual Congress 2012

Abstract Number: 816

Publication Number: P747

Abstract Group: 1.6. General Practice and Primary Care

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

Title: Quality of life in patients with COPD three years after a multidisciplinary program of pulmonary rehabilitation in primary care

Dr. Ann-Britt 11087 Zakrisson ann-britt.zakrisson@orebroll.se^{1,2,3}, RN. Anna 11088 Ljunggren-Karlsson anna.ljunggren-karlsson@orebroll.se¹, RN. Louise 11089 Tamm louise.tamm@orebroll.se¹, Dr. Kersti 11090 Theander kersti.theander@kau.se^{4,5} and Dr. Margareta 11091 Gustafsson margareta.gustafsson@oru.se². ¹ Family Medicine Research Centre, Örebro County Council, Örebro, Sweden, 701 16 ; ² School of Health and Medical Sciences, Örebro University, Örebro, Sweden, 702 81 ; ³ Centre for Assessment of Medical Technology in Örebro, Örebro County Council, Örebro, Sweden, 701 16 ; ⁴ Primary Care Research Unity, County Council of Värmland, Karlstad, Sweden, 656 37 and ⁵ Department of Nursing Science, Karlstad University, Karlstad, Sweden, 651 88 .

Body: Background: COPD is an irreversible widespread disease which increases dramatically. According to previous research the quality of life in (QoL) patients with COPD is impaired but can be improved by pulmonary rehabilitation. Aim: The aim of this study was to evaluate if a six week nurse-led multidisciplinary program for pulmonary rehabilitation in primary care had effect on quality of life in patients with COPD in a three-year period. Method: Quasi experimental design was used to evaluate the program. The intervention group consisted of 40 patients who had participated in the program. The control group consisted of 24 patients who received traditional care. QoL was measured at baseline, after one year and after three years using Clinical COPD Questionnaire (CCQ). Statistical analysis of differences within the groups over the three years was performed by means of Friedmans test. Mann-Whitney U test was used to analyze differences between the groups. Results: There was no statistically significant difference between the groups at baseline. There was no statistically significant difference in improvement between the groups during a three year perspective for CCQ total. Neither was there any statistically significant difference within the control group. During a three year perspective there was a statistically significant difference of improvement within the intervention group for CCQ total (p=0,037) and CCQ functional state (p=0,026). Conclusion: The rehabilitation program had an improving effect on QoL in patients with COPD within the intervention-group during a three year perspective.