Home pulmonary rehabilitation program in COPD: conditioning factors

POSTER PRESENTATION

OBJECTIVE

To assess the constraints to participate in a program of home rehabilitation and analyze its relationship with socio demographic variables and disease factors.

METHODS

Observational, prospective study conducted in the Pulmonology Department. Patients seen in a month with a diagnosis of COPD according to GOLD criteria, symptomatic, with exercise intolerance and restriction of their usual activities, were offered participation in a program of RR home.

RESULTS

35 (52 %) could not participate: 67 patients were evaluated. Most often it was due to lack of motivation (42%) and failure to follow-up (34%). When comparing the excluded patients included no differences in age or BMI; female predominance were observed in the excluded without reaching statistical significance. In the questionnaires of quality of life (CAT); activity of daily living (LCADL, IPAQ and questionnaire of anxiety and depression (HAD) there were no significant differences between the groups; nor in rates of comorbidity (Charlson and COTE).

Significant differences were observed in relation to active smoking prevalence in the group of excluded (p 0.007) and dyspnea mMRC, being more symptomatic patients enrolled (p0.004), with no significant differences in FEV1.

CONCLUSIONS

Of all the patients, only 47 % could be included, the main reasons for their non-participation were lack of motivation, inability to follow and pathology that limits the exercise. As a group they excluded a significant prevalence of active smoking and less symptomatic patients were observed.