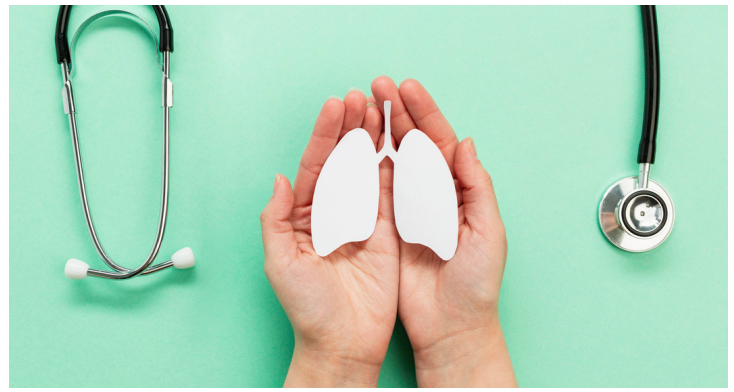


COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

Environment and Air Quality

Scientific evidence and quality of life in COPD



Living in areas with low population density, wide pedestrian streets, low slope and low exposure to NO₂ (nitrous oxide) are positively related to the level of objective physical activity, perception of physical activity and functional capacity of COPD patients.

The environmental factors of the home environment determine the health conditions of the COPD patient. They should be taken into account in the care of patients with chronic diseases and in the development of urban planning and transportation policies.

Patients who live in densely populated areas, are more sedentary and have worse functional capacity, especially if there are depressive symptoms.

The presence of steep slopes was associated with greater functional capacity, but not with increased physical activity.

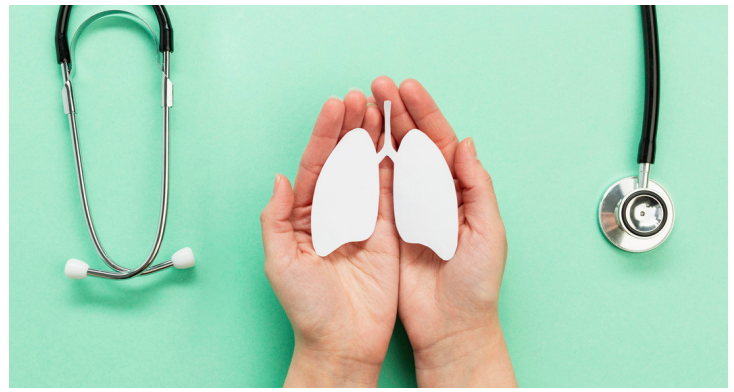
PHYSICAL ACTIVITY, ENVIRONMENT AND AIR QUALITY

Environmental exposure to microparticles and noise showed no correlation with physical activity or exercise capacity.

Long-term exposure to NO₂ (nitrous oxide) was associated with sedentary lifestyle, difficulties in physical activity and dyspnea.

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- **Living in areas with low population density, wide pedestrian streets, low slope, and low exposure to NO₂ (nitrous oxide) are positively related to objective physical activity level, perception of physical activity, and functional capacity of COPD patients.**
- **Patients who live in densely populated areas, are more sedentary and have worse functional capacity, especially if there are depressive symptoms.**
- **The presence of steep slopes was associated with greater functional capacity, but not with increased physical activity.**
- **Long-term NO₂ (nitrous oxide) exposure was associated with a sedentary lifestyle, difficulties in physical activity, and dyspnea.**
- **Environmental exposure to microparticles and noise showed no correlation with physical activity or exercise capacity.**
- **These findings support the consideration of environmental factors of the home environment during the management of COPD and the care of patients with chronic diseases in the development of urban planning and transportation policies.**



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