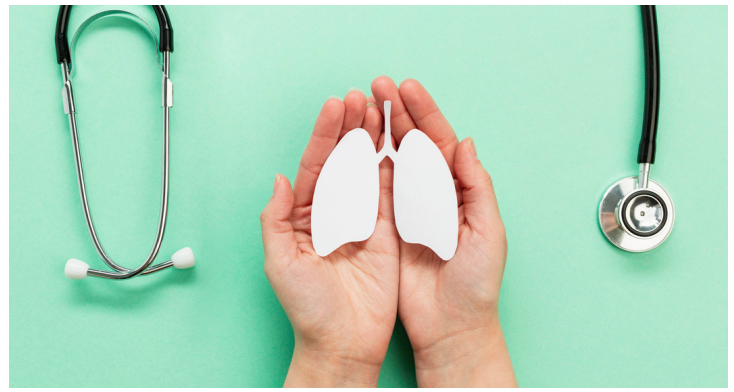


COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

Physical Activity & COPD Management

Scientific evidence and quality of life in COPD



Quality Care

Physical Activity

The amount of physical activity of the COPD patient is directly related to the physiological limitations associated with his or her disease, progression, and short-term prognosis.

The use of tools based on experience or patient-reported outcomes (such as the amount and difficulty experienced during physical activity, associated symptoms, etc.), provide better monitoring of physical activity objectified by devices.

Both the assessment of physical activity indicators, such as the number of steps per day, are valid, reliable and sensitive for evaluating the efficacy of pharmacological and non-pharmacological interventions in COPD patients.

COPD Management

Long-acting bronchodilator therapy, particularly with the LABA/LAMA combination, remains the mainstay of COPD treatment.

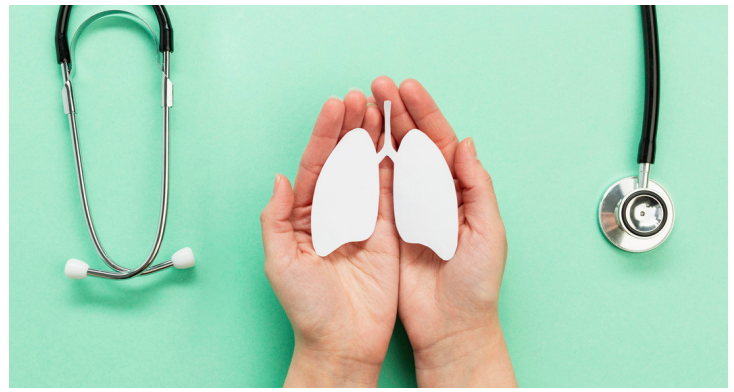
Periodic patient assessment is mandatory. It allows the identification of interventions capable of maximizing benefits for a specific patient or subset of patients.

Blood eosinophil count is a useful marker to verify the response to inhaled corticosteroids and to prevent future exacerbations in patients with poor response to bronchodilator.

Circumstances early in life that affect lung function are of critical importance for the future development of COPD in adulthood.

COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

Physical Activity & COPD Management

- **The amount of physical activity of the COPD patient is directly related to the physiological limitations associated with his or her disease and to the short-term progression and prognosis of the disease.**
- **The use of tools based on experience or patient-reported outcomes**, such as the amount of physical activity and the difficulty experienced during physical activity, as well as associated symptoms, provide better monitoring of physical activity objectified by devices.
- **Both the assessment of physical activity indicators, such as the number of steps per day, are valid, reliable and sensitive** for evaluating the efficacy of pharmacological and non-pharmacological interventions in COPD patients.
- **Long-acting bronchodilator therapy, particularly with the LABA/LAMA combination, remains the mainstay of COPD treatment.**
- **Periodic reassessment of the patient is mandatory.** This allows the identification of characteristics and interventions capable of maximizing benefits for a specific patient or subset of patients.
- **Blood eosinophil count is a useful marker to verify the response to inhaled corticosteroids and to prevent future exacerbations** in patients who, despite adequate bronchodilator treatment, still suffer from them.
- **Circumstances early in life that affects lung function are of critical importance** for the later development of COPD in adulthood.



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<https://gaapp.org/copd/copd-patient-empowerment-scientificevidence/>



This educational assets have been created for COPD patients and caregivers,
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With the clinical revision of:



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Original Publications:

- 10. Demeyer H, Mohan D, Burtin C, Vaes AW, Heasley M, Bowler RP, Casaburi R, Cooper CB, Corriol-Rohou S, Frei A, Hamilton A, Hopkinson NS, Karlsson N, Man WD, Moy ML, Pitta F, Polkey MI, Puhan M, Rennard SI, Rochester CL, Rossiter HB, Sciurba F, Singh S, Tal-Singer R, Vogiatzis I, Watz H, Lummel RV, Wyatt J, Merrill DD, Spruit MA, Garcia-Aymerich J, Troosters T; Chronic Lung Disease Biomarker and Clinical Outcome Assessment Qualification Consortium Task Force on Physical Activity. Objectively Measured Physical Activity in Patients with COPD: Recommendations from an International Task Force on Physical Activity. *Chronic Obstr Pulm Dis*. 2021 Oct 28;8(4):528-550. doi: 10.15326/jcopdf.2021.0213. PMID: 34433239; PMCID: PMC8686852.
- 11. Celli BR, Singh D, Vogelmeier C, Agustí A. New Perspectives on Chronic Obstructive Pulmonary Disease. *Int J Chron Obstruct Pulmon Dis*. 2022 Sep 6;17:2127-2136. doi: 10.2147/COPD.S365771. PMID: 36097591; PMCID: PMC9464005.