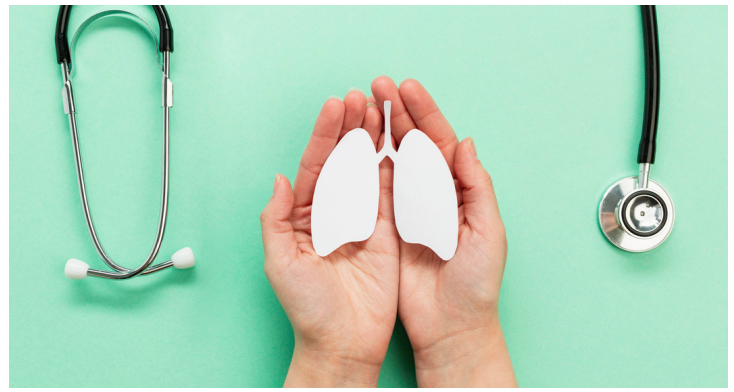


# COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

## Respiratory Therapy and Rehabilitation

Scientific evidence and quality of life in COPD

### Respiratory Therapy and Rehabilitation



Cardiovascular endurance exercise in older adults with COPD favored their functional recovery and improved walking tolerance.

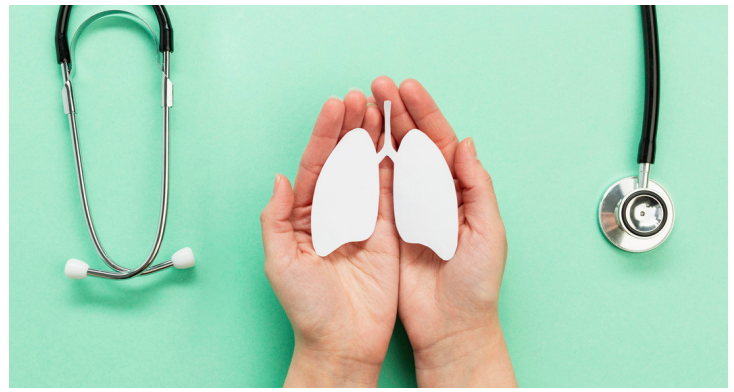
The challenge of making a significant change during a short period of inpatient rehabilitation emphasizes the importance of early, effective intervention to increase resilience and promote discharge to home in older adults after an unplanned hospital admission.

Rehabilitation is one of the important components in the management of COPD. Programs lasting between 6 and 52 weeks significantly improve the quality of life of COPD patients and reduce the number of exacerbations.

There is a lack of evidence to identify truly successful interventions, in terms of their impact on the rehabilitation and quality of life of COPD patients after hospital admission.

# COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

## Respiratory Therapy and Rehabilitation

- **Rehabilitation is one of the important components of COPD management.** Programs lasting between 6 and 52 weeks significantly improve the quality of life of COPD patients and reduce the number of exacerbations, compared to those who do not receive it.
- **There is a lack of evidence to identify truly successful interventions for their impact on the rehabilitation and quality of life of COPD patients after hospital admission.**
  - Cardiovascular endurance exercise in adults over 65 years of age with COPD favored their functional recovery and improved walking tolerance.
  - The challenge of making a significant change during a short period of inpatient rehabilitation emphasizes the importance of early, effective intervention to increase resilience and promote discharge to home in older adults after an unplanned hospital admission.



Discover more COPD Empowerment assets at:  
<https://gaapp.org/copd/copd-patient-empowerment-scientificevidence/>



This educational assets have been created for COPD patients and caregivers,  
thanks to the collaborative work of:



With the clinical revision of:



Thanks to the generous support of:



### Original Publications:

- Dong J, Li Z, Luo L, Xie H. Efficacy of pulmonary rehabilitation in improving the quality of life for patients with chronic obstructive pulmonary disease: Evidence based on nineteen randomized controlled trials. *Int J Surg.* 2020 Jan;73:78-86. doi: 10.1016/j.ijsu.2019.11.033. Epub 2019 Dec 13. PMID: 31843677.
- Lambe K, Guerra S, Salazar de Pablo G, Ayis S, Cameron ID, Foster NE, Godfrey E, Gregson CL, Martin FC, Sackley C, Walsh N, Sheehan KJ. Effect of inpatient rehabilitation treatment ingredients on functioning, quality of life, length of stay, discharge destination, and mortality among older adults with unplanned admission: an overview review. *BMC Geriatr.* 2022 Jun 11;22(1):501. doi: 10.1186/s12877-022-03169-2. PMID: 35689181; PMCID: PMC9188066.