

Pulmonary rehabilitation and improvement in exercise capacity improve survival in COPD

21 May 2012

Pulmonary rehabilitation and improvement in exercise capacity significantly improve survival in patients with chronic obstructive pulmonary disease (COPD), according to a new study from the UK.

"While the short- and medium-term benefits of pulmonary rehabilitation in COPD patients have been shown, its effects on survival have not been studied," said lead author Johanna Williams, MSc, a researcher at the Department of [Respiratory Medicine](#) at the University Hospitals of Leicester NHS Trust. "Our analysis shows that completion of pulmonary rehabilitation and a higher level of response in [exercise capacity](#) is associated with a significant survival advantage in COPD patients."

The results will be presented at the ATS 2012 International Conference in San Francisco.

Of 1,615 patients with COPD in the observational [cohort study](#), 55.4% completed pulmonary rehabilitation. Subjects who completed pulmonary rehabilitation (n = 895), compared with those who did not (n = 720), had significantly higher mean incremental shuttle walking test (ISWT) scores at baseline. Kaplan Meier (KM) survival analysis revealed that there was a statistically significant [survival advantage](#) for those who completed rehabilitation when compared with those who didn't complete (p

APA citation: Pulmonary rehabilitation and improvement in exercise capacity improve survival in COPD (2012, May 21) retrieved 6 May 2021 from <https://medicalxpress.com/news/2012-05-pulmonary-capacity-survival-copd.html>

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