

Improved Quality of Life for Chronic Obstructive Pulmonary Disease Patients Using Specialized Pulmonary Rehabilitation Programs

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Patients who suffer from chronic obstructive pulmonary disease (COPD) often suffer from other life-threatening delinquencies in their health that stem from inflammation of the airways, which has damaging effects on the entire body that can limit mobility. Pulmonary rehabilitation (PR) is a type of exercise training program that aims to improve breathing quality and ability to complete activities of daily life. Recently, PR has become personalized to improve the patient's overall quality of life while limiting the chances of comorbidities from intense physical exercises. Higher BODE (body-mass index, airflow obstruction, dyspnea, and exercise capacity) index scores from previous iterations of PR programs have been shown to be indicative of a patient's limited exercise capabilities, poorer attitudes towards "working out", as well as increased drop out rates from similar exercise programs. To evaluate PR programs, we conducted a literature review to evaluate patient experience focusing on physical exercise, quality of life, comorbidities, and qualitative dropout responses. Studies show patients are more likely to have comorbidities without personalized PR care and these programs offer new perspectives on exercise training for individual patients. Exercise training programs that limit hard-ground-hitting movements have been shown to limit physical stress. In addition, research shows that suboptimal doctor-patient relationships tend to be associated with higher rates of noncompliance with existing PR programs. COPD-specific PR should be updated to maximize patients' health benefits by changing current approaches to the exercise programs as patients provide feedback about their experience.