

Abstract

How Various Exercise Modalities Impact Quality of Life, Physical Activity, and Program Adherence in Patients with COPD

Background: Chronic obstructive pulmonary disease (COPD) is a group of diseases that causes breathing difficulty due to airway obstruction. Adherence to physical activity recommendations for those with COPD is often problematic and leads to worsening dyspnea and quality of life. Due to the prevalence of COPD, it is important to understand how different exercise modalities impact quality of life and adherence to physical activity.

Objective: The purpose of this systematic review was to determine if patients with COPD have a better quality of life and adherence to physical activity recommendations if they follow exercise modalities.

Method: Research was conducted using the databases PubMed and CINAHL. Search terms included “exercise interventions”, “COPD”, “quality of life”, and “physical activity”. 169 studies were systematically retrieved and reviewed. After full analysis and appraisal, eight studies were included in the final review.

Results: Several different exercise modalities were used in the studies and results were collected using different research instruments. St. George’s Respiratory Questionnaire, 6-Minute Walk Test, CAT scores, daily step counts, and other pulmonary function tests were used to collect data before, during, and after the exercise programs were conducted. The results demonstrated that different exercise modalities improve quality of life and adherence to physical activity recommendations in patients with COPD.

Conclusion: The systematic review demonstrates that patients with COPD who are physically active and regularly adhere to exercise regimens have a healthier and improved life. Research supports that exercise has a direct effect on quality of life for patients with COPD.

Keywords: *Chronic Obstructive Pulmonary Disease; Quality of Life; Physical Activity*