

# Is Pulmonary Rehabilitation an acceptable method of care for patients with COPD? Results from Sri Lanka

Akila Jayamaha<sup>1</sup>, Chamilya Perera<sup>1</sup>, Upendra Wijayasiri<sup>2</sup>, Thamara Amarasekara<sup>3</sup>, Anthony Seneviratne<sup>3</sup>, Mark Orme<sup>4</sup>, Michael Steiner<sup>4</sup>, Rupert Jones<sup>5</sup>, Savithri Wimalasekera<sup>3</sup>, Sally Singh<sup>4</sup>

<sup>1</sup>KAATSU International University, <sup>2</sup>Colombo South Teaching Hospital, <sup>3</sup>University of Sri Jayewardenepura, <sup>4</sup>University Hospitals of Leicester, <sup>5</sup>University of Plymouth

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## Clinical Research Results

**Brief outline of context** -Chronic Obstructive Pulmonary Disease (COPD), characterized by progressively irreversible airflow limitation, is a major cause of morbidity and mortality. Recently, Pulmonary Rehabilitation (PR) has been successfully employed in health care institutions to improve the quality of life of COPD patients in addition to pharmacological treatment. PR programme include exercise training, education and behavior change support. However, patient buy-in or motivation is a major determinant of the extent of the benefits PR attendees will gain.

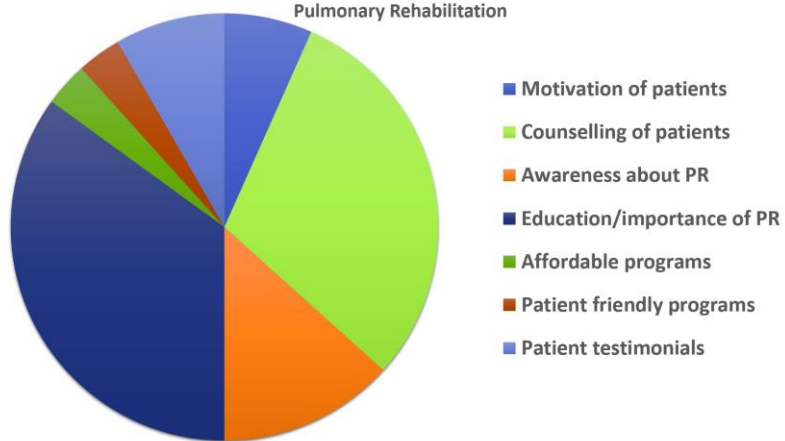
**Aim:** The study was designed to determine the attitudes and opinions of Sri Lankan COPD patients before commencing the delivery of a PR program.

**Brief description of the change/intervention:** A descriptive cross-sectional study was conducted among 139 diagnosed COPD patients attending respiratory clinics in Colombo district. Patients who were selected by systematic random sampling were assessed by a pre-tested interviewer administered questionnaire. The data were compiled into an Excel database and analyzed using SPSS statistical package.

Out of 139 COPD patients, 53% were male and most were (52.2%) between 60 – 80 years of age. 52.9% were in paid employment. Difficulty in breathing affected the paid work of 89 (63.8%) patients and unpaid work of 110 (79.7%) patients. When compared to others of the same age 56% were not able to carry out their work because of breathing difficulties. Amongst these patients difficulty in breathing had a detrimental impact on their level of physical activity in 67% (n=139). Maintaining relationships were affected in 58% (n=139). 80% of COPD patients were interested in attending a PR program. Most (49.3%) preferred to have a PR program supervised by a nurse at a hospital. 32% were willing to spend one to two hours per day for treatment.

**Lessons learnt:** Breathing difficulties related to their COPD are directly affecting patients' daily living and they are willing to attend PR programs at the hospitals under the supervision of qualified personnel in Sri Lanka.

Figure 2: Opinions of Medical staff on improvement of patient engagement in Pulmonary Rehabilitation



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