

Online Research @ Cardiff

This is an Open Access document downloaded from ORCA, Cardiff University's institutional repository: <http://orca.cf.ac.uk/125093/>

This is the author's version of a work that was submitted to / accepted for publication.

Citation for final published version:

Perumal, Shakila Devi, McCarthy, Cormac, O'Driscoll, Mary Frances and McDonnell, Timothy J. 2012. Validation of CAT as an independent assessment tool in pulmonary rehabilitation (PR) for chronic obstructive pulmonary disease (COPD). *European Respiratory Journal* 40 (S56) , P1463.
file

Publishers page: https://erj.ersjournals.com/content/40/Suppl_56/P1...
<https://erj.ersjournals.com/content/40/Suppl_56/P1463>

Please note:

Changes made as a result of publishing processes such as copy-editing, formatting and page numbers may not be reflected in this version. For the definitive version of this publication, please refer to the published source. You are advised to consult the publisher's version if you wish to cite this paper.

This version is being made available in accordance with publisher policies. See <http://orca.cf.ac.uk/policies.html> for usage policies. Copyright and moral rights for publications made available in ORCA are retained by the copyright holders.



European Respiratory Society Annual Congress 2012

Abstract Number: 2184

Publication Number: P1463

Abstract Group: 1.2. Rehabilitation and Chronic Care

Keyword 1: COPD - management **Keyword 2:** Quality of life **Keyword 3:** Rehabilitation

Title: Validation of CAT as an independent assessment tool in pulmonary rehabilitation (PR) for chronic obstructive pulmonary disease (COPD)

Ms. Shakila Devi 16983 Perumal S.Perumal@stmichaels.ie^{1,2}, Dr. Cormac 16984 McCarthy cormacmccarthy@physicians.ie MD², RN. Mary Frances 16985 O'Driscoll M.ODriscoll@stmichaels.ie² and Prof. Timothy J. 16986 McDonnell tmcdonn@me.com MD². ¹ Department of Physiotherapy, St. Michael's Hospital, Dun Laoghaire, Dublin, Ireland and ² Department of Respiratory Medicine, St. Michael's Hospital, Dun Laoghaire, Dublin, Ireland .

Body: The benefits of PR in COPD are well recognised but the practical assessment of patients undergoing PR can be complex. The COPD assessment test (CAT) is a recently introduced simple, validated 8-item questionnaire designed to assess the impact of COPD symptoms on quality of life (QOL). We hypothesized that CAT could be used as a screening tool and outcome measure to assess QOL in COPD. 60 patients with COPD enrolled in 8 weeks outpatient PR between January 2011 and October 2011 were studied. Patients completed CAT score, chronic respiratory disease questionnaire (CRDQ), hospital anxiety and depression (HAD) at baseline and at 8 weeks. Functional status (6 min walk test (6MWT) and incremental shuttle walk test (ISWT)), dyspnoea (MRCd) and body mass index (BMI) were measured. 52 COPD patients completed the 8 weeks PR and data were available for 37 patients with mean (SD) age 68.7 (9.2) yrs and FEV1 48.64 (20.79) % predicted. There was a significant difference in 6MWT (47.03m), ISWT (47.84m), MRCd (0.3 points), CRDQ (-3.02 points), Anxiety (1.5points), depression (0.6points) and CAT (3.63 points) post PR. CAT correlated closely with CRDQ at baseline and following PR whereas there was good correlation only with ISWT, anxiety and depression post PR. CAT is an independent, simple and highly responsive outcome measure that can also be utilized for screening patients with COPD for PR.