



Monday , 03 September 2012



Halle A-16 Session 254 12:50-14:40

TP Thematic Poster Session : Quality of life and clinical parametres in monitoring airway diseases

P2286

The performance of COPD assessment test (CAT) in mustard lung patients

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Introduction

Mustard lung is a form of chronic obstructive pulmonary disease (COPD) due to sulfur mustard exposure. Health-related quality of life (QOL) is an important part of management in mustard lung patients. The properties of COPD assessment test (CAT), in COPD patients have been well documented. The aim of this study was to determine the role of CAT in evaluating the QOL in mustard lung patients.

Methods and materials

Eighty- six consecutively patients with stable COPD with all levels of severity were enrolled into this study. The QOL was evaluated by CAT and ST George Respiratory Questionnaires (SGRQ).Also standard spirometry, 6 minute walk test (6MWT), and pulse oxymetry were performed in patients. Severity of COPD was evaluated by GOLD (Global initiative for chronic Obstructive Lung Disease) and BODE (body mass index, obstruction, dyspnea, exercise) index.

Results

The mean age of the patients was 47.30 ± 7.08 SD years. The mean CAT score was 26.03 ± 8.28 SD. Thirty-five (43%) patients were in CAT stage 3. There was statistically significant correlation between CAT with SGRQ ($p= 0.001$) and BODE index ($p=0.001$) respectively. Also statistically significant inverse correlation was found between CAT score with FEV1 ($p=0.03$) and 6MWT ($p=0.001$) respectively. There was statistically significant difference in mean CAT score between patients in GOLD stages ≥ 3 and those with <3 ($p=0.02$).

Conclusion

The findings of this study revealed that CAT questionnaire as a simple tool for assessment of QOL in mustard lung patients is valuable and can be used in clinical practice.