Assessment of chronic obstructive pulmonary disease in rural women

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Abstract

Introduction: COPD is now recognized as a common disease in developing countries. Biomass smoke exposure, is the biggest risk factor for COPD in women, however the awareness of COPD in nonsmoking women is low. COPD is one of the fastest growing causes of death. Seventy-five percent of rural households reported firewood as their primary cooking fuel as compared to only ٢٢% of urban households. Pulmonary function tests are essential for the diagnosis and evaluation of the severity of COPD but other measures of functional status are important; these include assessment of dyspnea, exercise performance and health status. The COPD assessment test (CAT) is a new eight-item specific questionnaire and is intended to provide a short, simple and self-administered test.

Objective: To compare the use of CAT scores and flow volume loop as a screening tool in COPD women.

Methods: A total of ٥٠ healthy controls and ٢٠٠ patients with newly diagnosed COPD were recruited. Pulmonary function test (PFT) values, COPD assessment test (CAT) scores, and demographics were recorded.

Results: More than half of the patients (٨٣%) had a high CAT score of P١٠. Forced expiratory volume in ١ s percent (FEV١%) predicted was significantly decreased and the CAT score was significantly increased in patients with COPD compared with healthy controls (r = . ٠٥٩٨p= .٠٠٠). A positive correlation was seen between biomass duration and the CAT score (p= .٠٠٠).

Conclusion: Most COPD patients have a poor health status and have a history of chronic symptoms before definitely being diagnosed with COPD by spirometry.