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S43. The relationship between thoracic kyphosis angle and dyspnea severity and general health status in patients with COPD

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Objective: The dyspnea is very common among the chronic obstructive pulmonary diseases (COPD) patients having thoracic hyper-kyphosis, and significant decreases are seen in quality of life of those patients due to respiratory symptoms such as dyspnea. The aim of this study is to examine the relationship between thoracic kyphosis angle and dyspnea severity and general health status in patients with COPD.

Method: This study was carried out in Dumlupinar University, Kutahya Evliya Celebi Education and Research Hospital, Department of Chest Diseases. One hundred and five subjects aged between 44 and 85 years (mean age of 68.10±8.59 years) were included in this study. The demographical data of all of the subjects were recorded. Thoracic kyphosis angle was measured using spinal mouse, while the severity of dyspnea was determined utilizing Modified Medical Research Council Dyspnea (MMRC) Scale. For determining the general health status, COPD Assessment Test (CAT) and Clinic COPD Questionnaire (CCQ) were used.

Results: While positive low level relationship was determined between thoracic kyphosis angle and severity of dyspnea (rho= 0.23, p= 0.02), no relation was found between general health status and thoracic kyphosis (rho < 0.20, p > 0.05).

Conclusion: The results of this study indicated that as the thoracic kyphosis angle increases, also severity of dyspnea increases in patients with COPD but the alteration in thoracic kyphosis angle doesn't affect general health status of COPD patients as negatively or positively. Moreover, in practice of Physiotherapy and Rehabilitation, the postures of COPD patients should be examined in detail, and the protective measures against thoracic kyphosis should be taken in early period in terms of exercise and ergonomic setting.

Keywords: Dyspnea, Health Status, Kyphosis, Pulmonary Disease, Chronic Obstructive