

## ASSOCIATION BETWEEN HEALTH RELATED QUALITY OF LIFE (HRQOL) AND FIVE HEALTH RELATED PARAMETERS IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

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Chronic Obstructive Pulmonary Disease (COPD) is one of the most common chronic respiratory diseases in the world and in Sri Lanka where the prime goal of patient care is to improve the HRQoL. The aim of the study was to find out the association between the HRQoL and five health related parameters in patients with COPD. This descriptive cross-sectional study was conducted among 77 COPD patients in National Hospital for Respiratory Diseases, Welisara, using systematic sampling method. The HRQoL scores and psychological status were evaluated using two questionnaires. Then the participants were physically examined for pulmonary function, peripheral oxygen saturation (SPO<sub>2</sub>), risk of falling and nutritional status using Spirometry values according to Global Initiative for Chronic Respiratory Diseases (GOLD) standards, Oximeter, Timed Up and Go test (TUG), Fat percentage and Body Mass Index (BMI) subsequently. The majority

of the patients (n=, 90.9%) were male and most of them were in GOLD stage 2 presented with normal SpO<sub>2</sub>, psychological levels. The HRQoL had a significant, positive linear relationship with both anxiety (r=0.570, p < 0.001) and depression (r=0.400, p < 0.001) and total psychological score (r=0.575, p < 0.001). According to multiple linear regression, anxiety found to be the significant predictor for the HRQoL (R<sup>2</sup>= 0.396, p < 0.001) of the COPD patients. High anxiety and depression levels, poor lung function status and high fat levels were having significant associations with HRQoL and its components and anxiety was verified as the most significant predictor of HRQoL in COPD patients.

**Keywords:** COPD, HRQoL, Health related parameters