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Factors associated with sleep disturbance in patients with Chronic Obstructive Pulmonary Disease

Ki Uk Kim

Pusan National University, South Korea

The purpose of this study was to examine patterns of sleep disturbance and factors associated with sleep impairment in patients with chronic obstructive pulmonary disease (COPD). This was a prospective, multicenter cross-sectional study. All patients completed the patient-reported measure as well as the COPD and asthma sleep impact scale (CASIS) to assess sleep impairment. Health-related quality of life (HRQL) was measured using the St. George's Respiratory Questionnaire (SGRQ) and the 36-item short-form health survey (SF-36). Anxiety and depression statuses were assessed using the hospital anxiety and depression scale (HADS). Pearson's correlation and multiple regression analyses were performed to identify the factors associated with sleep disturbance in patients with COPD. A total of 245 patients were included, with a mean age of 67 years [standard deviation (SD) = 8.16]; the majority were male (92.2%). The mean score on the CASIS was 24.8 out of 100. The proportion of patients who indicated that they had a bad night's sleep was 35.1%. Univariate analysis showed that CASIS score was significantly correlated with the modified Medical Research Council (MMRC) dyspnea scale, SGRQ, SF-36, HADS-anxiety and HADS-depression scores (all $p < 0.05$). In a multivariate analysis, SGRQ and HADS-depression score were independently associated with CASIS score. In our study, 35% of clinically stable Asian patients with COPD complained of poor sleep quality. Poorer HRQL and depressive mood were significantly associated with sleep disturbance. Future research to enhance sleep quality in patients with COPD and develop a validated COPD-specific sleep outcome measure controlling for HRQL and depression is necessary.

Biography

Ki Uk Kim completed PhD from Pusan National University. Working as an Associate Professor at Pusan National University, School of Medicine published more than 20 papers in reputed journals.

uk303@hanmail.net

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