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Quality of life as an assessment of COPD treatment

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Chronic Obstructive Pulmonary Disease (COPD) is an important health problem worldwide and has profound effect on the health status and Quality of Life (QoL). The aim of the research is to evaluate QL of patients with chronic obstructive pulmonary disease and Bronchial Asthma (BA) using St. George's Respiratory Questionnaire (SGRQ) in Republic of Armenia. The subjects of the research were adults with chronic obstructive pulmonary diseases and bronchial asthma clustered from 11 polyclinics and five hospitals. The questionnaires were distributed to 250 respondents, of which 80.8% responded. The SGRQ is a disease-specific instrument that consists of 50 items and was specifically developed for patients with chronic airflow limitation. Three component scores for the domains; symptoms, activity and impact on daily life can be calculated as well as a total score. Scores range from 100 to 0, with higher values indicating lower QL. As a result, a total of 202 participants were enrolled in the study, of which 122 (60.4%) were male. 133 of them had COPD (69.2% male) and 69 had bronchial asthma (BA) (56.5% female). The most affected scales were total and impact score scales. The male's total score was 35 and the female's was 40.2. The comparison of QL total scores of patients with COPD (32) and BA (48.3), QL were most affected in case of BA ($p < 0.05$). The most affected domains in case of BA were activity score and symptoms score. The SGRQ scores have gender features. All SGRQ scores were most affected by women ($p < 0.05$). The COPD and BA have a statistically significant effect on the quality of life of patients. Consequently, increasing the COPD's and BA's medical effectiveness, will lead to the improvement of the patients' QL. At the same time, assessing the QL we can evaluate the effectiveness of the implemented medical activities.

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