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Depression and its frequency in patients with chronic obstructive pulmonary disease (COPD)

Gillani S Seemab and M H Kamran
USA

Introduction: COPD is one of the most prevailing chronic respiratory illnesses which are progressive and irreversible. Many people die prematurely from its complications. Depression is a common co-morbidity in patients with COPD who are facing embarrassing symptoms like dyspnea and productive cough. Early diagnosis and treatment of depression in COPD patients is now taken to be an important aspect for COPD management. Depression has a significant impact on COPD patients and their families. Prolonged illness may cause hopelessness and depressive symptoms like self-neglect, low energy and sleep disturbance. No such data exist for patients in our population.

Objective: To find out the frequency of depression in patients with chronic obstructive pulmonary disease.

Materials & Methods: 100 consecutive patients with diagnosed COPD (on history, physical examination, chest X-ray and spirometry), with FEV1/FVC<70% and <12% reversibility after inhaled bronchodilator and fulfilling the inclusion and exclusion criteria were included in the study.

Results: N=100 patients with COPD, 85% males and 15% females. Mean age was 54.79+10.55 years. Mean duration of disease was 5.35+3.24. Mean for duration of treatment was 5.34+3.24 years. Mean number of smoking pack years was 23.24+8.9. Overall 47 patients (47%) were found to have depression. There were only 15 (31.9%) patients with mild to moderate depression, 14 (29.7%) with moderate to severe depression and 18 (38.2%) with severe depression. Depression was seen in 45.7% patients with age >50 years and in 48.7% patients with age <50 years. Those with smoking <20 pack years, 41.3% were having depression whereas those with smoking >20 pack years 51.8% were found to have depression. Depression was seen in 6.67% patient with mild COPD, 44.6% patients with moderate COPD, 58.6% with severe COPD and 80% patients with very severe COPD.

Conclusion: There was a high frequency of depression in patients with COPD. Depression was found to be associated with longer duration of disease, higher number of smoking pack years and with increasing severity of COPD. Keeping in view this higher percentage of depression in COPD patients in our population, it's necessary to focus on this important co-morbidity in order to improve the quality of life and to reduce the health care burden.

Biography

Gillani Seemab is a clinical psychologist His international experience includes various programs, contributions and participation in different countries for diverse fields of study. His research interests reflect in his wide range of publications in various national and international journals.

syedgillani000@gmail.com

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