

8. IMPACT OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE ON QUALITY OF LIFE



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Introduction. Chronic Obstructive Pulmonary Disease (COPD) is the leading cause of morbidity and mortality worldwide. According to the World Health Organization, globally, COPD is the third leading cause of death, accounting for 6% of total deaths in 2019, with over 80% occurring in low- and middle-income countries. In the Republic of Moldova, in 2022, 433 individuals lost their lives due to COPD, compared to 489 deaths in 2021 and 506 deaths in 2020.

Aim of study. Highlighting the impact of obstructive pulmonary diseases on quality of life.

Methods and materials. This review represents an analysis of actual information about the impact of chronic obstructive disease on quality of life from online biomedical sources, found with the research motors PubMed, Google Scholar and NCBI sites.

Results. The literature data suggests that individuals experiencing symptoms of COPD in the early morning and during the night are prone to have a lower health-related quality of life compared to those without these symptoms. In a study, overall health status was assessed using the CAT test, which was found to be significantly lower among patients exhibiting at least one COPD symptom compared to those without COPD symptoms. Physical activity is consistently influenced by the clinical and functional determinants of COPD, limiting patients' capacities in performing daily activities and exercises. Specific activities such as dressing, getting out of bed and climbing stairs are most severely affected, prompting some patients to require assistance, making them feel like a burden to others. Consequently, COPD patients reduce physical activity in the early stages of the disease to avoid symptoms. Over 70% of COPD patients experience sleep disorders, including difficulties falling asleep, maintaining sleep, and frequent nocturnal awakenings, caused by ventilation disorders, gas exchange issues, and the presence of nocturnal respiratory symptoms.

Conclusion. COPD symptoms are associated with a significant decline in quality of life, overall health, and prognosis for affected individuals. Regular symptom assessment should be conducted using patient-oriented questionnaires, and healthcare professionals should integrate symptoms into treatment plans, as effective symptom management throughout the day is crucial for improving quality of life. Physical, psychological, and social support should be provided from the onset of the disease, adopting a holistic approach throughout the entire treatment process. It is essential that this holistic support be offered without delay, avoiding waiting until the disease reaches a severe stage, and its burden becomes debilitating.