

IMPACT OF THE TREATMENT WITH COMBINATION OF TIOTROPIUM/OLODATEROL ON THE QUALITY OF LIFE IN PATIENTS WITH COPD

K. D. Dmytriiev

Vinnytsia National Pirogov Memorial Medical University Vinnytsia, Ukraine

Abstract. *Materials and methods.* 100 patients with the diagnosis of COPD were included into the study, their average age was (64.09 ± 1.94) years, there were 66 men (66 %) and 34 women (34 %). The average duration of COPD was (9.35 ± 2.42) years. Clinical course of COPD was assessed based on the clinical documentation of the patients. All patients filled out questionnaires for the assessment of the COPD severity — mMRC and CAT; and quality of life — SF-36, SGRQ at visit 1, visit 2 (4-6 weeks) and visit 3 (1 year). *Results.* Treatment with combination of tiotropium/olodaterol reliably improve COPD course, by decrease in the amount of exacerbations from (2.63 ± 0.29) to (1.63 ± 0.21) and hospital admissions from (1.2 ± 0.2) to (0.37 ± 0.11) ; dyspnea severity according to mMRC questionnaire from (2.3 ± 0.14) to (1.87 ± 0.15) ; CAT from (23.28 ± 1.71) to (15.77 ± 1.58) . Treatment with combination of tiotropium/olodaterol reliably improve quality of life according to SF-36 questionnaire, specifically physical and emotional role functioning from (16 ± 5.57) % to (35.10 ± 7.15) % and from (27.35 ± 7.83) % to (50.29 ± 7.99) %, exerted vitality from (38.26 ± 3.86) % to (49.49 ± 3.7) %, mental health from (51.56 ± 3.76) % to (61.49 ± 3.59) %, social functioning from (57.61 ± 5.93) % to (69.22 ± 5.08) % and pain intensity from (66.92 ± 5.99) % to (81.00 ± 4.17) %. Treatment with combination of tiotropium/olodaterol reliably improve quality of life according to SGRQ questionnaire, specifically «Symptoms» scale from (76.72 ± 3.85) to (61.37 ± 4.59) , «Activity» from (65.26 ± 4.18) to (51.97 ± 3.86) , «Impact» from (52.36 ± 4.65) to (35.19 ± 4.25) and Total score from (60.31 ± 3.95) to (44.62 ± 3.89) . *Conclusions.* Combination of tiotropium/olodaterol showed its efficacy in real clinical practice. This combination is effective in the improvement of the clinical course of COPD and decrease of symptoms intensity, which is also accompanied by the improvement of the quality of life.

Key words: COPD, quality of life, tiotropium/olodaterol.

K. D. Dmytriiev

Vinnytsia National Pirogov Memorial University

Department of the Propedeutics of Internal Medicine

PhD student

str. Khmelnytske highway 96, 20129, Vinnytsia, Ukraine

e-mail: kostya011993@gmail.com

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