

## MODERN APPROACHES TO PULMONARY REHABILITATION OF COPD PATIENTS

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### *Abstract*

Pulmonary rehabilitation (PR) is an effective method to improve the health and quality of life of patients with chronic respiratory diseases. The indications and requirements for performing PR are regulated at the legislative level in conciliatory international and national documents. PR is an integrated approach to the management of COPD patients based on a thorough patient assessment followed by therapy, which includes three components - exercise, education and correction of habits, behavior, and is designed to improve the physical and psychological state of patients with COPD, long-term adherence to a healthy lifestyle. The implementation of PR leads to decrease in symptoms and the frequency of exacerbations of the disease, its systemic manifestations, depression and social isolation of seriously ill patients. For the proper conduct of PR, a multidisciplinary team of specialists is formed which, after a thorough examination of the patient, creates an individual rehabilitation program, teaches him the correct implementation of its components. Modern digital technologies make it possible to carry out PR not only at a rehabilitation center but remotely as well, which makes it more accessible and increases its efficiency.

With purpose to assess the adherence of patients with COPD to PR at home and its effectiveness, 72 men with COPD of groups C and D, mean age ( $68.4 \pm 10.3$ ) years, were examined, who were offered to perform PR for 8 weeks at home with a frequency of workouts once a day. We found low adherence of patients with COPD to PR at home (20.8 %). Lung function and the state of skeletal muscles are the determining factors for the successful implementation of PR. Home PR helps improve symptoms in patients with COPD.

**Key words:** COPD, pulmonary rehabilitation.