Socio-demographic and clinical characteristics of Chronic Obstructive Pulmonary Disease (COPD) patients

Authors
Flavia Castelino*, Mukhyaprana Prabhu, Mamatha Shivananda Pai, Asha Kamath, Aswini K Mohapatra, Elsa Sanatombi Devi, Anice George, Shalini G Nayak
Email: castelinoflavia@gmail.com

Flavia Castelino, PhD Scholar, MCON, Manipal University
Mukhyaprana Prabhu, Professor, Department of Medicine, Kasturba Hospital, Manipal
Mamatha Shivananda Pai, Elsa Sanatombi Devi, Anice George, Professor, MCON, Manipal University, Manipal
Asha Kamath, Associate Professor, Department of Community Medicine, Manipal University, Manipal
Aswini K Mohapatra, Professor, Department of Pulmonary Medicine, Kasturba Hospital, Manipal
Shalini G Nayak, Assistant Professor, MCON, Manipal University, Manipal

* Corresponding author

Abstract
Chronic Obstructive Pulmonary Disease (COPD) is a crucial health issue and ranks fifth in the global burden of disease. Even though the disease is identified by the symptoms of intensified respiratory manifestations and decline in functional status, exacerbation gives rise to the substantial threat for morbidity and early mortality. COPD also has a considerable influence on quality of life and is the noteworthy cause of health care associated expenses. This study is descriptive analysis of the socio-demographic and clinical variables among COPD patients in a tertiary referral hospital. **Objective:** The objective of this study is to assess the socio-demographic variables and clinical variables of COPD patients. **Methods:** This study is a part of Randomized Control Trial (RCT) on “Effectiveness of Pulmonary Interventions on Health Related Quality of Life and Clinical Outcome among COPD patients.” Data were collected using Socio-demographic proforma and clinical proforma. **Results:** Analysis shows that the majority were males 127 (90.7%) aged around 61-86 years (62.14%) and the highest numbers of men were smokers (85.7%). **Conclusion:** Understanding the socio demographic variables and the clinical variables of patient with COPD is essential in the treatment of COPD.

**Key words:** COPD, socio demographic, clinical outcome measures, quality of life, COPD in Karnataka