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Performance-based toolkit of treatable traits of functioning in hospitalised patients with ECOPD: An observational study

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Abstract

Background: Hospitalisation due to COPD exacerbations (ECOPD) leads to functional impairments, activity limitations, and a worse prognosis. Identifying relevant treatable traits and appropriate assessment measures in ECOPD is crucial to optimise patient-centred care.

Objective: To develop a performance-based toolkit for assessing key treatable traits of functioning in hospitalised ECOPD patients.

Methods: An international survey with physiotherapists (PT) and in-person interviews with Brazilian COPD patients identified the most relevant treatable traits for hospitalised ECOPD patients, based on ICF. Appropriate measures for these traits were then selected based on pre-established criteria (low cost, fast/easy administration, simple interpretation, performance-based measures, safety, exercise prescription, and measurement properties) through literature-based discussions.

Results: Sixty-seven PTs from 14 countries and 17 patients participated. The toolkit included measures for the traits exercise tolerance, changing/maintaining basic positions, and walking. Additionally, depending on resources, included respiratory muscle function, muscle power, and upper limb function. The toolkit with the measures is in *Figure 1*.

Conclusion: This toolkit provides evidence-based measures to assess key treatable traits of functioning in ECOPD patients. Future studies should explore its feasibility. *FAPESP/CAPES*

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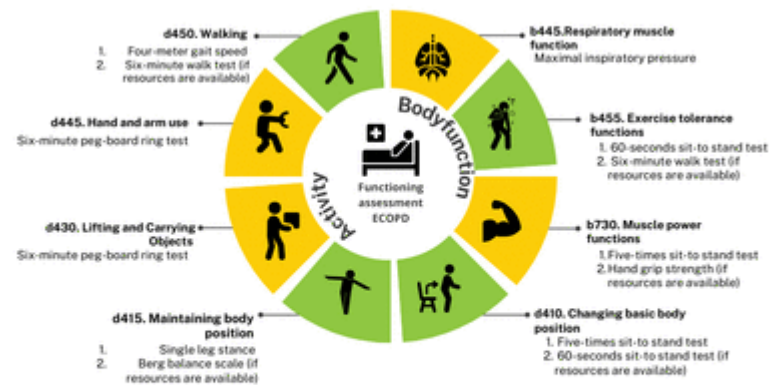


Figure 1: The performance-based toolkit with treatable traits based on the ICF and their respective performance-based assessment measures for evaluating functioning in hospitalised ECOPD patients
Green: Recommended for inclusion. Yellow: Optional, to be included if resources are available
A second option is suggested if resources are available.

Footnotes

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