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COUGH-RELATED QUALITY OF LIFE FOLLOWING PULMONARY REHABILITATION

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Cough affects up to 90% of individuals with chronic respiratory diseases (CRD). Pulmonary rehabilitation (PR) is a crucial intervention for managing respiratory symptoms, however, its effects on cough have not been extensively reported. This study aimed to explore the effects of PR on cough-related quality of life in people with CRD. Ethical approval was obtained. Data from two separate randomized controlled trials were collected retrospectively and combined for analysis. Individuals with stable CRD who adhered to PR \geq 65% were included. The effectiveness of PR was evaluated by comparing the total scores of the Leicester Cough Questionnaire (LCQ) before and after treatment, using the Wilcoxon test. Mean and individual differences were then compared to the minimal clinically important difference of the LCQ (MCID – 1.3 points) to determine the significance of the findings in terms of CRQoL improvement. The study included 75 participants (81%, n=61 with Chronic Obstructive Pulmonary Disease [COPD]; 9%, n=7 with asthma, and 4%, n=3 with interstitial lung disease), 80% (n=60) male with an average age of 69 \pm 8.43 years. The average PR adherence was 90%. The LCQ score did not show a significant difference from pre- to post-PR (pre 18 [IQR 15-20] vs. post 19 [IQR 16-21] points; p=0.4). Only 27 participants (36%) achieved the MCID. Improvements in CRQoL after PR are seen in 36% of individuals with CRD. The best approach to alleviate cough symptoms needs further investigation.

Keywords: Chronic cough, Pulmonary rehabilitation, Cough-related quality of life

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