

# Healthcare and Health Management & Cardiology and Cardiac Surgery

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## Association among COPD assessment test, Protein intake, and Subjective Diet-related quality of life scale scores in Patients with stable Chronic respiratory disease

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**Aim:** This study aimed to clarify the associations among the scores on the chronic obstructive pulmonary disease (COPD) assessment test (CAT), protein intake, and Subjective Diet-related Quality of Life (SDQOL) scale in patients with stable chronic obstructive pulmonary disease.

**Methods:** Outpatients aged 30~90 years in the Department of Respiratory Medicine in a hospital, who were diagnosed with COPD at the first diagnosis, were retrospectively reviewed using the brief dietary history questionnaire (BDHQ); CAT, SDQOL scale, respiratory function test, and blood test were analyzed using SPSS Ver.25.

**Results:** From 10,513 patients diagnosed with COPD at the first diagnosis, 98 patients (COPD, ACO, BA) with stable chronic obstructive pulmonary disease, who consented to participate and were selected by exclusion criteria, were investigated. Comparison between two groups of CAT shows significant difference in disease name, mMRC, treatment for infections in the last month, body height, body weight, estimated energy

requirement, energy intake, carbohydrate, vitamin D, grains, and SDQOL using Mann-Whitney U test and  $\chi$ -square test. In the multiple logistic regression analysis (variable increase method), CAT and protein intake affected SDQOL (odds ratio [95% confidence interval], CAT: 1.089 [1.026-1.156]  $p = 0.005$ , protein: 0.977 [0.961- 0.994]  $p = 0.008$ ).


**Conclusion:** CAT, protein intake, and SDQOL were associated in patients with stable chronic respiratory disease. The disease-specific QOL evaluation scale, protein intake, and the SDQOL scale could be related in terms of their assessment of patients with stable chronic respiratory disease.

**Ethics and Dissemination:** Ethical approval has been granted by Ethics Committees of the hospital and International University Health and Welfare (Ref:16-Ig-92, Ref:28-271 (8514)).

### Speaker Biography

Marie Saito is enrolled in the doctoral course of International University of Health and Welfare graduate school of nursing, Japan and is working as a teacher of a Jikei nursing school.

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