

Need of help for activities of daily living in patients with mild to severe COPD: Who helps, with what and how much?

U. Møller Weinreich, MD, PhD ^{1,2}, R. Juel Kaptain, OT ³, T. Helle, OT, PhD ³

1) Department of Respiratory Diseases, Aalborg University Hospital, Aalborg, Denmark; 2) The Clinical Institute, Aalborg University, Aalborg, Denmark 3) Department of Occupational Therapy, Department of Research and Development, University College of Northern Denmark, Aalborg, Denmark.

Background

Chronic Obstructive Pulmonary Disease (COPD) impairs patients' activity of daily living (ADL) and increases dependence on help from others (Kaptain et al. 2020; Bendixen et al. 2016); home care service, private household service, relatives, friends and neighbours.

Aim

To describe the magnitude of the need for help in terms of who provides help, the frequency of need of help and to which ADLs help is needed.

Methods

One hundred patients diagnosed with COPD by general practitioners and with COPD as primary diagnosis, were included in this descriptive, cross-sectional, questionnaire-based survey addressing the need for help and assistance. Patients were screened with an adjusted version of the Dutch Cost Diary (Goossens et al, 2000). Lung function was measured by Vitalograph copd-6 (Vitalograph Ltd, Buckingham, United Kingdom). All included patients lived in ordinary housing. Baseline characteristics were expressed as mean (Standard Deviation) or per cent. Description of need of help is in percent of the total population.

Results

Baseline characteristics are demonstrated in table 1.

In total, 74% of those included needed help. There was no statistical difference in FEV1% in those in need of help, and those who were self-supported (p=0.07), although there was a tendency for those who were self-supported to have higher lung function. Of those in need of help 21% needed help on a daily basis, at least once a day; help was primarily provided by relatives. In 24% help was only needed once every fortnight; for these patients help was primarily provided by municipal home care.

Figure 1 shows the most frequent tasks that patients needed support.

Figure 2 shows the most frequent types of personal needs for which patients required help. Figure 3 demonstrates who the COPD patients' caregivers are.

Table 1: baseline characteristics of COPD patients

Sex, % female	64
Age	71(±10)
FEV1, % of expected value	69(±14)
Living alone %	42

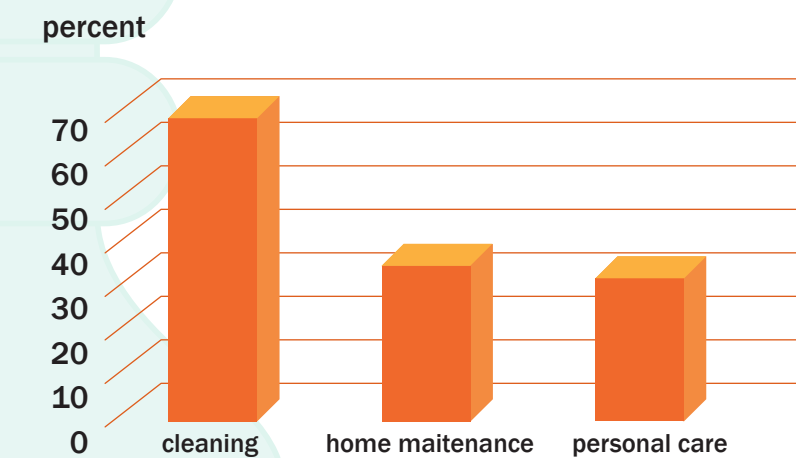


Figure 1
The most frequent activities of daily living where COPD patients require help



Figure 2
The most frequent types of personal care-activities of daily living, that COPD patients require help for

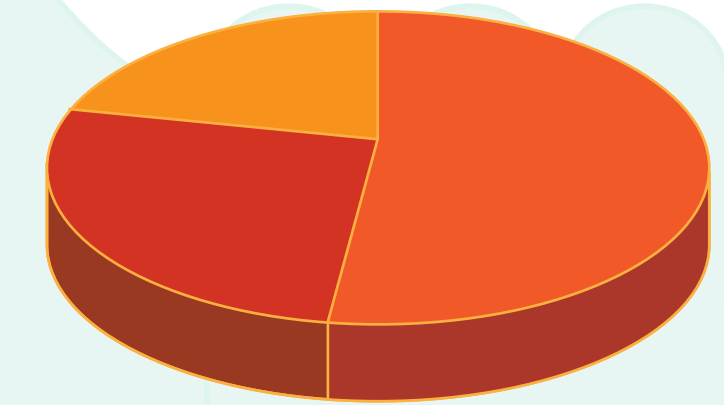


Figure 3
Distribution of who provides help with activities of daily living in COPD patients

Conclusion

- Even in COPD-patients with mild-moderate lung function impairment help for daily activities is needed.
- Relatives are the main caregivers even though almost half of the population lives alone.

References

- Kaptain RJ, Helle T, Patomella AH, Weinreich UM, Kottorp A. Association between everyday technology use, activities of daily living and health-related quality of life in chronic obstructive pulmonary disease. *Int J COPD*. 2020;15: 89-98.
- Bendixen HJ, Wæhrens EE, Wilcke JT, Sørensen LV. Self-reported quality of ADL task performance among patients with COPD exacerbations. *Scand J Occup Ther*. 2014;21(4):313-20.
- Goossens ME, Rutten-van Molken MP, Vlaeren JW, van der Linden SM: The cost diary: A Method to measure direct and indirect Costs in Cost-effectiveness research *J Clin Epidemiol*. 2000;53:688-95



PDP - COPD