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## A SUMMARY OF RECENT RESEARCH AT WEST PARK HEALTHCARE CENTRE

### **COPD AFFECTS MORE THAN YOUR LUNGS**

#### **New study shows deadly lung disease also takes toll on leg muscles**

A lung disease known primarily for destroying a person's ability to breathe also significantly reduces endurance of muscles in a patient's legs, according to a new study published this month in *Chest*. This study, conducted by West Park researchers, shows quadriceps endurance is reduced in individuals with COPD compared with healthy control subjects, independent of the type of task performed. This is particularly important because research has shown reduced quadriceps muscle mass and strength in COPD patients have been associated with a higher mortality and morbidity, as well as increased hospital admissions.

**Chest, March 2015; Vol.147, No. 3: 673-684 (LINK TO ARTICLE)**

### **TIMING IS EVERYTHING FOR TEACHING SELF-MANAGEMENT OF COPD**

#### **West Park study sheds light on when training is most effective**

Self management of COPD is a key component in successfully managing the disease and can reduce hospital admissions in patients with stable COPD. But when to teach self-management practices to people with COPD can be just as vital. This study, published in the journal *Chest* and conducted by West Park researchers, takes a closer look at how effective the teaching of self management interventions. It concludes that providing self management tips to patients immediately following an acute exacerbation is not nearly as effective as training after the individual with COPD has stabilized and more time has passed. This will help hospitals use its resources more effectively and at the same time help patients avoid continual hospitalization.

**Chest, March 2015; Vol.147, No. 3: 646-661 (LINK TO ARTICLE)**

### **COPING WITH COPD AIDED BY FAMILY SUPPORT**

#### **Study finds support and education impact adjustment and coping skills**

People with Chronic Obstructive Pulmonary Disease (COPD) who engage in support and education programs with their family members as part of pulmonary rehabilitation experience remarkable improvements in coping skills, managing distress and sexual relationships, according to a study published in *CHEST Journal*. Co-authored by West Park Senior Scientist Dr. Dina Brooks, this study shows that although COPD patients who received support with or without a family member experienced significant improvements in exercise tolerance and health-related quality of life, those individuals who participated in the psychosocial support and education sessions with a family member experienced remarkable improvements in their coping skills and relationships. Some research has shown families have expressed the need for more emotional support and information about disease management and this study shows, from the positive impact of shared support and education, that there are real benefits to the quality of life for people with COPD.

**Chest, March 2015; Vol.147, No. 3: 662-672 (LINK TO ARTICLE)**

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