# Quality of Life Responder Rate Analysis Following Use of an Oscillating Positive Expiratory Pressure Device for Chronic Obstructive Pulmonary Disease: SGRQ v CAT Assessments

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## **BACKGROUND**

- The **Aerobika**\* Oscillating Positive Expiratory Pressure (OPEP) device has been reported to improve Quality of Life outcomes for COPD patients with Chronic Bronchitis<sup>1,2</sup>
- This abstract compares the responder rates from two separate studies using the same device; one with the St. George's Respiratory Questionnaire (SGRQ) and the other with the COPD Assessment Test (CAT)

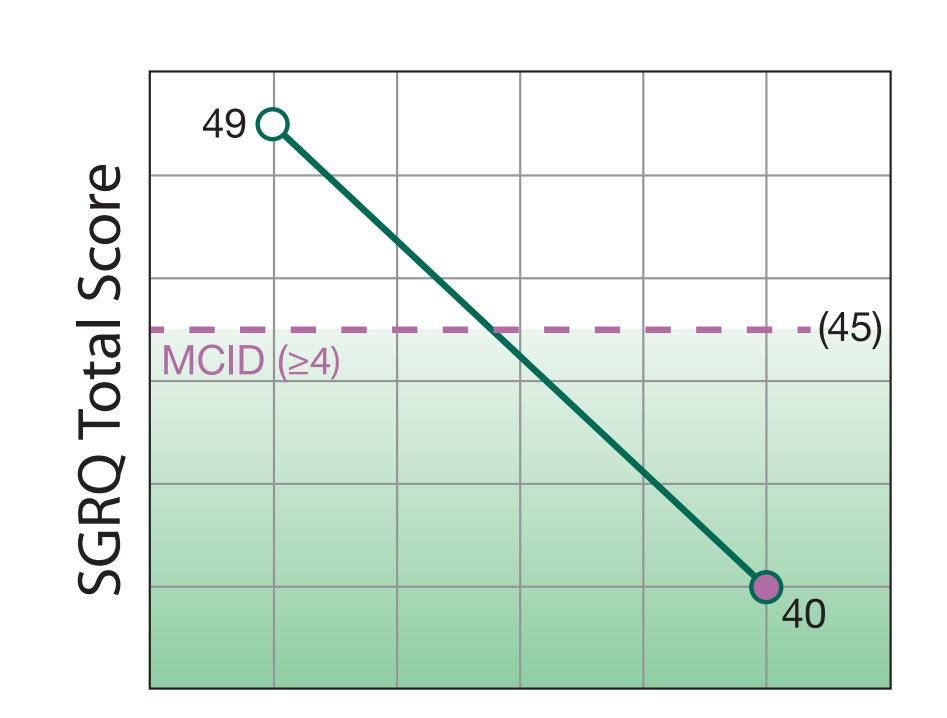
#### STUDY 1

### **METHODS**

- Randomized cross-over study in 27 COPD patients for 3-4 weeks using the SGRQ¹
- Responder rates for clinically significant measures of improvement of greater than 4 were calculated for the COPD patients with Chronic Bronchitis

#### RESULTS

• In study 1, the mean SGRQ value for the 14 COPD patients with Chronic Bronchitis significantly improved from 49 to 40 (p=0.01, paired t-test) following OPEP therapy



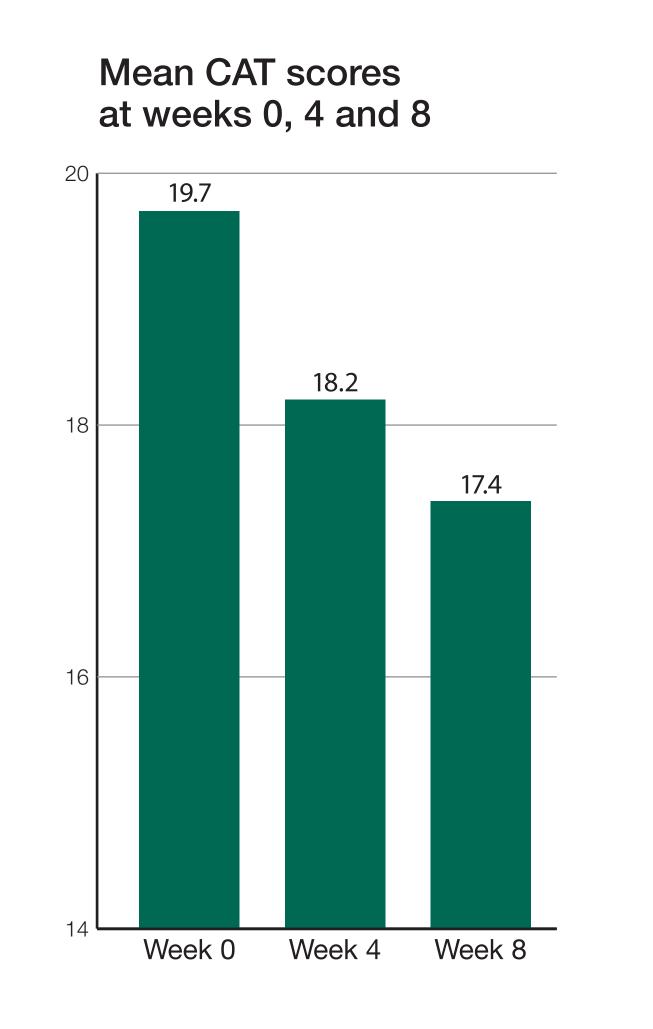
#### STUDY 2

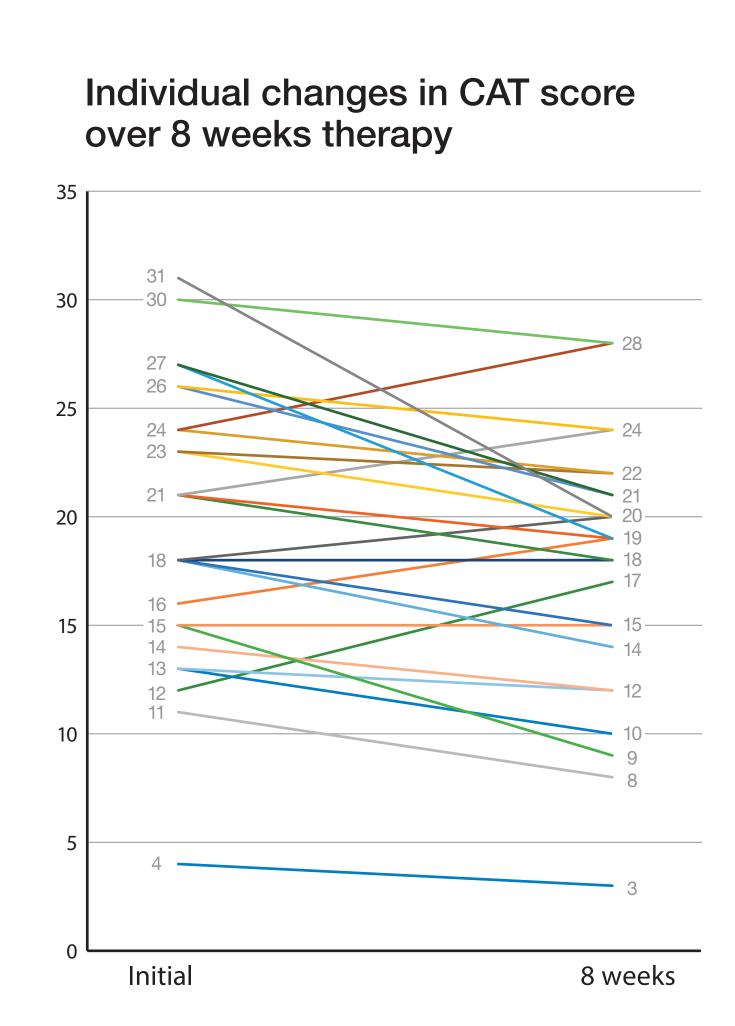
#### **METHODS**

- Clinical assessment of 37 COPD patients over an 8 week period using the CAT<sup>2</sup>
- Responder rates for clinically significant measures of improvement of at least 2 were calculated for the COPD patients with Chronic Bronchitis

#### RESULTS

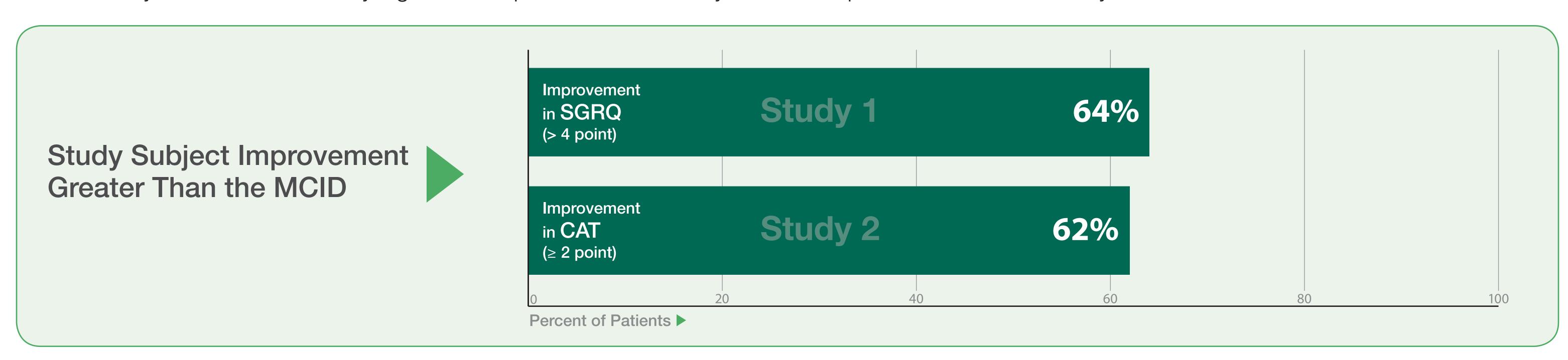
• The mean CAT value for the 26 COPD patients with Chronic Bronchitis significantly improved from 19.7 to 17.4 (*p*=0.01, paired t-test) following OPEP therapy





# COMBINED OUTCOME

• In terms of responder rate analysis, using the recognized improvement thresholds noted above, 64% of the COPD patients with Chronic Bronchitis from Study 1 showed a clinically significant improvement in Quality of Life compared to 62% from Study 2



# CONCLUSIONS

- Results from two separate studies, using different validated Quality of Life instruments, show good agreement
- Nearly two thirds of COPD patients with Chronic Bronchitis exhibited clinically significant improvements in Quality of Life following self-administered treatment with the *Aerobika*\* device

Svenningsen S, Paulin GA, Sheikh K, et al. Oscillatory Positive Expiratory Pressure in Chronic Obstructive Pulmonary Disease. Journal of COPD 2016;13(1):66 – 74.
 Suggett J. Review of Quality of Life outcomes following use of an Oscillating Positive Expiratory Pressure (OPEP) device for Chronic Obstructive Pulmonary Disease (COPD): 8 weeks field study using the COPD Assessment Test (CAT). Am J Respir Crit Care Med 2016;193:A6888.

