COPD Symptoms in the Morning and the Impact on Daily Activities

What is COPD?

Chronic Obstructive Pulmonary Disease (COPD)* affects an estimated 210 million people worldwide† and is projected to be the 3rd leading cause of death by 2020‡.

COPD is a progressive disease that makes it hard to breathe, with symptoms that can affect aspects of everyday life‡. COPD symptoms can be experienced throughout the day but many patients report morning as being the worst time of day for experiencing symptoms§,∥.

Many patients say shortness of breath contributes to their morning routine taking longer to complete than it used to, affecting getting up, showers, getting dressed‡,

46% of 757† patients reported that shortness of breath impacted their ability to talk with others.

49% of 811 patients reported having to adjust their daily routine in order to cope with COPD symptoms in the morning.*

Social implications

A recent survey among 811 patients who experienced worse COPD symptoms in the morning compared to other times of the day found that the majority of routine morning activities including getting up and using the stairs took 10-15 minutes longer per activity complete§.

Of 811 patients surveyed, more strenuous activities such as going shopping, travelling to work or carrying out household chores took 20-30 minutes longer per activity.

Coping strategies

A third (33%) of 811 patients surveyed considered ‘improves ability to carry out morning activities’ as a key treatment goal however in physician-patient discussions there was little emphasis on how treatment could improve the ability of patients to carry out daily living activities in the morning.§

Based on the survey results, we can conclude that it is important for COPD patients to remain active and speak to their healthcare professional about COPD symptoms.

Treatment guidelines state that all COPD patients should repeatedly be encouraged to remain active.

Discussion with healthcare professionals

References


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