

Measuring quality of life improvements in COPD patients: St George's Respiratory Questionnaire (SGRQ)

About COPD

COPD is a chronic, progressive, treatable but incurable lung disease affecting **210 million people worldwide**¹

- For people with COPD, decreasing lung function causes breathlessness and stops them from being active. This can lead to a downward spiral of worsening symptoms and even further inactivity, which has a **significant impact on their overall quality of life**²
- A **major goal of treatment** and of research into new therapies is to **improve health-related quality of life** in COPD patients
- One of the most frequently used tools for assessing quality of life is the **St. George's Respiratory Questionnaire**³

About St George's Respiratory Questionnaire

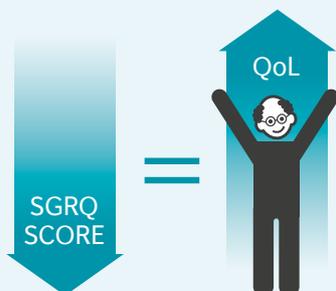
A 50-item questionnaire designed to **measure impact on health status (quality of life) in patients with obstructive airways disease, including COPD**.⁴ The SGRQ score is calculated by:⁵

Symptoms -
this component is concerned with the effect of respiratory symptoms, their frequency and severity.



Activity -
concerned with activities that cause or are limited by breathlessness.

Impacts (psychosocial) -
covers a range of aspects concerned with social functioning and psychological disturbances resulting from respiratory disease.



Total score

summarises the impact of the disease on overall health status; the score is expressed as a percentage of overall impairment where **100 represents worst possible health status** and **0 indicates best possible health status**.

What effect might a decrease in SGRQ score have on the daily life of a patient with COPD?

For an individual patient, a reduction of 4 points in SGRQ score could be illustrated by the following clinical scenarios:⁶

“ I no longer take a long time to wash or dress. I can walk up stairs without stopping and I am able to leave the house for shopping or entertainment. ”



“ Things no longer seem to require too much effort. I no longer have to stop for rests while doing housework and I can now carry things upstairs. ”

“ I no longer have to walk more slowly than other people. And I am no longer breathless when getting washed or bending over. ”



References

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