

Physical functioning in patients with chronic cardiopulmonary diseases

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PROPOSITIONS

belonging to the dissertation

Physical Functioning in Patients with Chronic Cardiopulmonary Diseases

Rafael Mesquita, 14 September 2017

1. An impaired left ventricular ejection fraction has a clear impact on physical and psychological status in patients with COPD. *(This dissertation)*
2. The Timed Up & Go test is reliable, valid, and responsive to rehabilitation in patients with chronic cardiopulmonary diseases. *(This dissertation)*
3. Patients with COPD spend a considerable amount of time in sedentary behaviour, but are able to decrease it by increasing the time in light activities following pulmonary rehabilitation. *(This dissertation)*
4. Patients with COPD with a physically active loved one spend more time in physical activity and have a higher likelihood of being active than patients with an inactive loved one. *(This dissertation)*
5. Most functional walk tests used in the assessment of patients with cardiopulmonary diseases are easy to administer, well tolerated, and reflective of activities of daily living. *(Solway et al. Chest 2001)*
6. High levels of time spent in sedentary behaviour can have serious health consequences, including increased risk of diabetes, cardiovascular disease and premature mortality. *(Hill et al. Intern Med J 2015)*
7. Patients with COPD need 3 months to train the muscle, but 6 months to train the brain. *(Polkey et al. Eur Respir J 2009)*
8. A detailed investigation of activity levels in patients with chronic cardiopulmonary diseases can be useful to help delineate more successful interventions to make these patients more physically active. *(valorisation)*
9. Life is like riding a bicycle – to keep your balance, you must keep moving. *(Albert Einstein)*