

Physical performance measures in patients with COPD

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Propositions belonging to this thesis

Physical performance measures in patients with COPD

Anouk A.F. Stoffels

1. For an individual patient with COPD is it not possible to predict the presence of impaired physical capacity based on the SPPB summary score alone. *(this dissertation)*
2. Patient-reported outcome measures provide additional information regarding the impact of COPD on a patient's daily life, which cannot be determined using exercise tests. *(this dissertation)*
3. Individual adjustments in endurance shuttle walk test pace are needed to obtain a tolerated duration between 3–8 minutes in all patients with COPD. *(this dissertation)*
4. Volitional and non-volitional outcome measures evaluate dissimilar aspects of quadriceps muscle endurance in patients with COPD. *(this dissertation)*
5. Assessment of functional capacity, exercise capacity, exercise tolerance, and peripheral muscle function is a prerequisite to setting up an individualized exercise training program. *(this dissertation, impact paragraph)*
6. A preserved physical capacity reduces the likelihood of mortality in patients with COPD, irrespective of physical activity levels. *(Vaes, Chest, 2022)*
7. A single test cannot evaluate the full spectrum of peripheral muscle function in an individual with COPD. *(Marklund, Int J Chron Obstruct Pulmon Dis, 2019)*
8. Assessment of baseline lung function is insufficient to identify responders and non-responders following pulmonary rehabilitation in patients with COPD. *(Augustin, J Clin Med, 2018)*
9. For every finish-line tape a runner breaks—complete with the cheers of the crowd and the clicking of hundreds of cameras—there are the hours of hard and often lonely work that rarely gets talked about. *(Grete Waitz)*