

# 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)*