Field exercise testing in COPD

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1. The six-minute walk test (6MWT) and the cycle endurance test (CET) are not interchangeable exercise tests. (This thesis)

2. The choice of six-minute walk distance (6MWD) reference equations should consider the consistency of 6MWT operating procedures and at least be specific for the country/region of origin. (This thesis)

3. Next to the 6MWT-derived variables, the unintended stop(s) during 6MWT can refine the prognosis of mortality in COPD patients. (This thesis)

4. Patients in GOLD stage II who exhibit exercise-induced desaturation (EID) during the 6MWT present higher odds to have moderate or worse emphysema compared patients with EID in GOLD stage III-IV. (This thesis)

5. EID during the 6MWT cannot be accurately predicted by the use of baseline oxygen saturation solely. (This thesis)

6. Normocapnic patients at rest who exhibit exercise-induced hypercapnia (EIH) have higher odds to develop chronic hypercapnia associated with poor prognosis (Simard et al. Eur Respir J. 1995)

7. Pulmonary Rehabilitation (PR) is a multidisciplinary therapeutic approach that improves exercise capacity, dyspnea, quality of life, health care utilization and costs, psychosocial status, and survival. (Nici et al., Am Fam Physician. 2010)

8. Patients with better health-related quality of life are more likely to complete PR while worse baseline exercise performance makes the achievement of a positive minimum clinical important difference (MCID) in 6MWD more likely. (Boutou et al. BMJ 2014)

9. Both poor 6MWD and lack of improvement >30m after PR are associated with worse 5-year survival in patients with COPD. (Camilo et al. Int J Chron Obstruct Pulmon Dis. 2016)

10. Significant improvements in both 6MWD and Saint George’s respiratory questionnaire (SGRQ) score after an 8-week PR program were able to maintain exercise capacity and quality of life for 12 months by following weekly unsupervised home exercise. (Spencer L.M. Eur Respir J. 2010)

11. Exercise is so effective that it should be considered as a drug, but more attention should be paid to the dosing and to individual variations between patients. (Vina et al. Br J Pharmacol. 2012)

12. Physical activity habits in daily life are significantly increased after long-lasting (≥ 6months) exercise programs in patients. (Pitta et al. Chest 2008)

13. Lack of physical activity affects almost every cell, organ, and system in the body causing sedentary dysfunction and accelerated death. (Booth et al. Compr Physiol. 2012)

14. No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable. (Socrates)