COPD EXACERBATIONS RISK VARIES ACCORDING TO PATIENTS CHARACTERISTICS
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Aim: Assessing annual exacerbations is important for the COPD management, however data connecting exacerbations with patients characteristics, education level and other social and habit factors are scarce.

Methods: Data were selected from 544 stable COPD patients from Greece through a prospective cross-sectional study, with 50 private doctors as participants. Every patient and doctor completed an additional questionnaire respectively. Basic descriptive statistics were exported in SPSS 19.0 for all variables. Chi-square test and binary logistic regression were applied on several demographic and other patient's characteristics to estimate risk for exacerbation.

Results: Most of the patients were of white/ Caucasian race, married, living at urban regions, of lower or medium level of education and of stable present disease status. No significant variation between genders was found. Their disease was first diagnosed, mainly in private clinics (65.2%) or public hospitals (21.9%). Higher risk for exacerbation was detected in patients of age >50 (OR=1.4, 95% CI=1.032-2.482, p <0.001), pensioners (OR=1.2, 95% CI=1.039-1.847, p <0.001), those of primary school education (OR=1.3, 95% CI=1.038-1.593, p <0.001), those who lived in urban regions (OR=2.1, 95% CI=1.428-3.124, p <0.001) and smokers (OR=2.3, 95% CI=1.837-3.174, p <0.001).

Conclusion: COPD exacerbations varies according to different demographic characteristics, living conditions and tobacco habit among stable patients in Greece. The risk for exacerbation of the disease depends significantly on these characteristics.

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