

# Pulmonary rehabilitation and improvement in exercise capacity improve survival in COPD

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Pulmonary rehabilitation and improvement in exercise capacity significantly improve survival in patients with chronic obstructive pulmonary disease (COPD), according to a new study from the UK.

"While the short- and medium-term benefits of pulmonary rehabilitation in COPD patients have been shown, its effects on survival have not been studied," said lead author Johanna Williams, MSc, a researcher at the Department of [Respiratory Medicine](#) at the University Hospitals of Leicester NHS Trust. "Our analysis shows that completion of pulmonary rehabilitation and a higher level of response in [exercise capacity](#) is associated with a significant survival advantage in COPD patients."

The results will be presented at the ATS 2012 International Conference in San Francisco.

Of 1,615 patients with COPD in the observational [cohort study](#), 55.4% completed pulmonary rehabilitation. Subjects who completed pulmonary rehabilitation (n = 895), compared with those who did not (n = 720), had significantly higher mean incremental shuttle walking test (ISWT) scores at baseline. Kaplan Meier (KM) survival analysis revealed that there was a statistically significant [survival advantage](#) for those who completed rehabilitation when compared with those who didn't complete (p

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