NPPV can enhance efficiency of pulmonary rehab in patients with COPD

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Patients with severe but stable chronic obstructive pulmonary disease (COPD) can face many obstacles when it comes to exercising and staying healthy. Patients usually experience shortness of breath and a reduced ability to exercise. But, there's hope for patients with COPD with the help of non-invasive positive pressure ventilation.

In a prospective observational study of 20 subjects with severe COPD and exercise intolerance, use of noninvasive ventilation together with pulmonary rehabilitation was associated with improved measures of shortness of breath and exercise tolerance. were tested using multiple tests as well as treadmill walking exercises for a period of 16 days. Several tests were conducted, and noninvasive positive pressure ventilation held numerous benefits for patients with COPD.

"Noninvasive positive pressure ventilation can relieve shortness of breath during exercising quickly," said Dr. Boxue Han of the Second Artillery General Hospital, Beijing, China "it can also enhance efficiency of pulmonary rehabilitation in stable COPD patients."

Further study results will be shared at CHEST World Congress 2016. The study abstract can be viewed on the journal *CHEST* website bit.ly/1qB2dE3.

More information: Boxue Han, Noninvasive Positive Pressure Ventilation to Relieve Dyspnea of COPD Patients During Exercise Training: A Prospective Study, Chest, /04/2016,