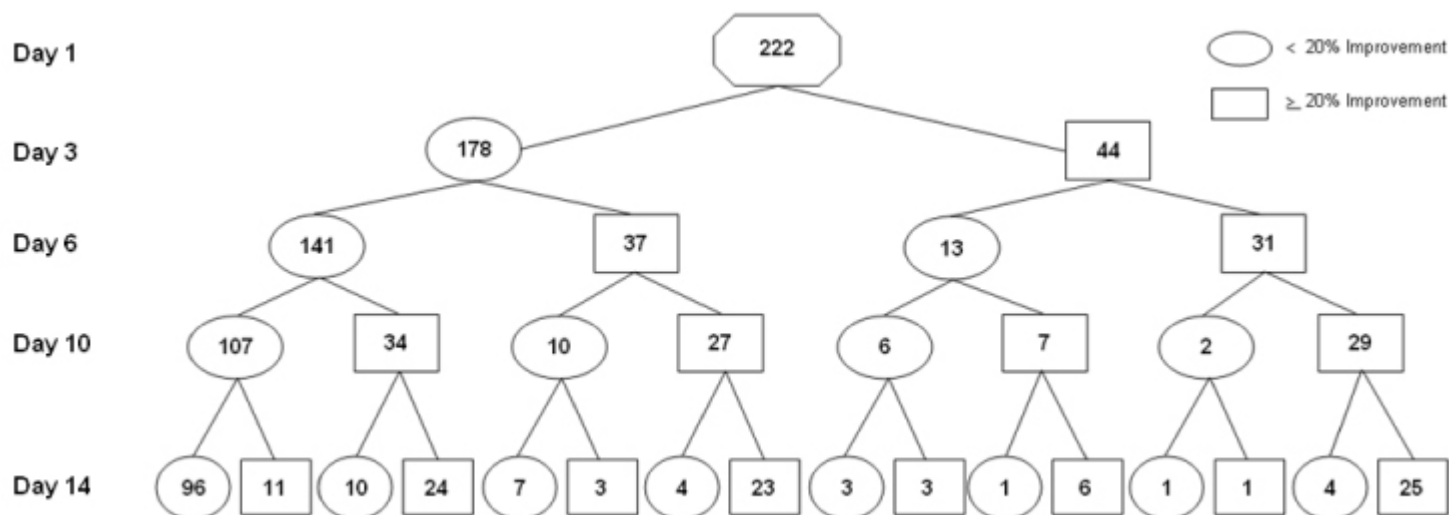


Patterns of Recovery from Exacerbations of COPD: EXACT Change Scores Days 1 - 14

T K Wilcox, PhD¹, N K Leidy, PhD¹, S Sethi, MD², P W Jones, FRCP, PhD³ and the EXACT-PRO Study Group. ¹United BioSource Corporation, Bethesda, MD, United States; ²University at Buffalo, SUNY, Buffalo, NY, United States and ³St George's, University of London, London, United Kingdom.

Background: Exacerbations are an important problem in COPD. Because assessments are generally made during a clinic visit, patterns of recovery are not well understood. **Objective:** To examine patterns of recovery using the Exacerbations of Chronic Pulmonary Disease Tool (EXACT). **Methods:** Secondary analysis of data from the EXACT observational validation study. 222 patients presenting with an acute exacerbation completed the diary on Days 1-28. Scores were examined on Days 3, 6, 10 and 14 to identify patients who had attained a 20% improvement threshold compared to Day 1. **Results:** age 65±10 (SD) years; 47% male; stable FEV₁ 51±20 % pred. Forty-four (20%) patients met the 20% improvement threshold on Day 3; of these 9 (20%) failed to meet the criterion on Day 14. Of the 178 patients who failed to reach the 20% improvement threshold on Day 3, 61 (34%) did so by Day 14. From Days 6 to 14, 27% of all patients changed response category, while 17% of patients changed category from Days 10 to 14. See Figure 1.

Figure 1. Recovery Status Day 1 to Day 14



Conclusion: The pattern of recovery from an exacerbation is not always linear. Recovery by Day 3 or 6 is not a reliable marker of recovery by Day 14, but Day 10 is better. Greater attention should be paid to day-to-day variability and periods of short-term deterioration during an exacerbation.

Funding: Unrestricted Sponsorship – Pharmaceutical Companies

Citation: Wilcox TK, Leidy NK, Sethi S, Jones PW, EXACT-PRO Study Group. Patterns of Recovery from Exacerbations of COPD: EXACT Change Scores Days 1 – 14. Poster presented at: American Thoracic Society International Conference; May 15-20, 2009; San Diego, CA, USA.