

***Review of Chronic Obstructive Airway Disease patients  
admitted at Maamoura Chest Hospital from 2009 to  
2012***

***Thesis***

Submitted for partial fulfillment of master degree in chest diseases

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**To My Parents** ★

# بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قال رب اشرح لي صدري ويسر لي أمري  
واحلل عقدة من لساني يفقهوا قولي

صدق الله العظيم

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# LIST OF CONTENTS

<b>Chapter</b>	<b>Page</b>
<b>ACKNOWLEDGMENT.....</b>	<b>i</b>
<b>LIST OF CONTENTS .....</b>	<b>ii</b>
<b>LIST OF TABLES .....</b>	<b>iii</b>
<b>LIST OF FIGURES .....</b>	<b>vi</b>
<b>LIST OF ABBREVIATIONS .....</b>	<b>vii</b>
<b>I. INTRODUCTION.....</b>	<b>1</b>
<b>II. AIM OF THE WORK .....</b>	<b>5</b>
<b>III. REVIEW OF LITERATURE.....</b>	<b>6</b>
<b>IV. SUBJECTS AND METHODS .....</b>	<b>109</b>
<b>V. RESULTS .....</b>	<b>111</b>
<b>VI. DISCUSSION .....</b>	<b>143</b>
<b>VII. SUMMARY .....</b>	<b>166</b>
<b>VIII. CONCLUSIONS .....</b>	<b>171</b>
<b>IX. RECOMMENDATIONS.....</b>	<b>172</b>
<b>X. REFERENCES.....</b>	<b>176</b>
<b>XI. ARABIC SUMMARY</b>	

## LIST OF ABBREVIATION

<b>AMP</b>	: Adenosine mono phosphate
<b>CAL</b>	: Chronic airflow limitation
<b>CMV</b>	: Cytomegalo virus
<b>COAD</b>	: Chronic obstructive airway disease
<b>COLD</b>	: Chronic obstructive lung disease.
<b>COPD</b>	: Chronic obstructive pulmonary disease.
<b>CORD</b>	: Chronic obstructive respiratory disease.
<b>CPAP</b>	: Continuous positive airway Pressure
<b>FEV<sub>1</sub></b>	: Forced expiratory volume in one second
<b>FVC</b>	: Forced vital capacity
<b>LTOT</b>	: Long term O <sub>2</sub> therapy.
<b>LVRs</b>	: Lung volume reduction surgery
<b>MC</b>	: Slow vital capacity
<b>MDI</b>	: Metered dose inhaler
<b>NIMN</b>	: Non invasive mechanical ventilation
<b>NIV</b>	: Non Invasive ventilation
<b>NPPV</b>	: Non invasive positive pressure ventilation
<b>PSV</b>	: Pressure support ventilation
<b>TLC</b>	: Total lung capacity
<b>EGFR</b>	: Epidermal growth factor receptor
<b>HADS</b>	: Hospital Anxiety and depression scale
<b>PRIME-MD</b>	: Primary Care Evaluation of Menal Disorders
<b>BLVR</b>	: Bronchoscopic Lung Volume Reduction
<b>MMP12</b>	: Matrix Metalloproteinase 12
<b>DPIS</b>	: Dry Powder Inhalers

# LIST OF TABLES

<b>Table</b>		<b>Page</b>
(1)	Risk factors for chronic obstructive pulmonary disease.	<b>31</b>
(2)	Key indicators for considering a diagnosis of COPD.	<b>33</b>
(3)	Causes of Chronic Cough.	<b>36</b>
(4)	Spirometric classification of chronic obstructive pulmonary disease (COPD)	<b>43</b>
(5)	Differential diagnosis of chronic obstructive pulmonary disease (COPD)	<b>46</b>
(6)	Treating Tobacco Use and Dependence: A Clinical Practice Guideline—Major Findings and Recommendations	<b>49</b>
(7)	Brief strategies to help the patient willing to quit	<b>51</b>
(8)	Bronchodilator in Stable COPD	<b>56</b>
(9)	Benefits of Pulmonary Rehabilitation in COPD	<b>74</b>
(10)	Clinical history, physical findings and diagnostic procedures in patients with exacerbation of chronic obstructive pulmonary disease (COPD)	<b>93</b>
(11)	Indications for hospitalisation of patients with a COPD exacerbation	<b>94</b>
(12)	Level I: outpatient treatment	<b>96</b>
(13)	Level II: treatment for hospitalised patient	<b>97</b>
(14)	Level III: treatment in patients requiring special or intensive care unit	<b>97</b>

<b>Table</b>	<b>Page</b>
(15) Distribution of studied cases according to demographic data (n=1637)	<b>111</b>
(16) Distribution of studied cases according to manual working (n=637)	<b>114</b>
(17) Distribution of studied cases according to addiction habits (n=1637)	<b>115</b>
(18) Distribution of studied cases according to smoking habits (n=1637)	<b>117</b>
(19) Distribution of studied cases according to symptoms (n=1637)	<b>119</b>
(20) Distribution of the studied cases according to frequency of exacerbation/year (n=1637)	<b>122</b>
(21) Distribution of studied cases according to other co morbidities (n=1637)	<b>124</b>
(22) Distribution of studied cases according to the complications of the disease (n=1637)	<b>126</b>
(23) Distribution of studied cases according to ICU admission (n=1637)	<b>128</b>
(24) Relation between ICU admission and complications	<b>129</b>
(25) Distribution of studied cases according to FEV1/ FVC (FEV1) (n=1637)	<b>130</b>
(26) Relation between FEV1/ FVC ratio and smoking index	<b>131</b>
(27) Distribution of the studied cases according to pharmacological treatment (n=1637)	<b>132</b>
(28) Distribution of the studied cases according to non pharmacological treatment	<b>134</b>



<b>Table</b>	<b>Page</b>
<b>(29)</b> Relation between O2 therapy and complications	<b>136</b>
<b>(30)</b> Relation between CPAP and complications	<b>137</b>
<b>(31)</b> Relation between invasive mechanical ventilation and complications.	<b>138</b>
<b>(32)</b> Mortality rate among the studied cases (n=1637)	<b>139</b>
<b>(33)</b> Relation between O2 therapy and mortality	<b>140</b>
<b>(34)</b> Relation between CPAP and mortality	<b>140</b>
<b>(35)</b> Relation between invasive mechanical ventilation and mortality	<b>141</b>
<b>(36)</b> Relation between mortality and ICU stay	<b>141</b>

# LIST OF FIGURES

<b>Figure</b>		<b>Page</b>
(1)	Mechanisms underlying airflow limitation in COP.	8
(2)	Continuum of care for chronic obstructive pulmonary disease (COPD). FEV1: forced expiratory volume in one second.	108
(3)	Distribution of studied cases according to age.	112
(4)	Distribution of studied cases according to sex.	112
(5)	Distribution of studied cases according to residence.	113
(6)	Distribution of studied cases according to occupation.	113
(7)	Distribution of studied cases according to drug addiction habits	116
(8)	Distribution of studied cases according to smoking habits.	118
(9)	Distribution of studied cases according to dyspnea grade.	120
(10)	Distribution of studied cases according to cough.	121
(11)	Distribution of studied cases according to wheezes.	121
(12)	Distribution of studied cases according to frequency of exacerbations/year.	123
(13)	Distribution of studied cases according to other co morbidities	125

<b>Figure</b>		<b>Page</b>
<b>(14)</b>	Distribution of studied cases according to complications of the disease.	<b>127</b>
<b>(15)</b>	Distribution of studied cases according to ICU admission.	<b>128</b>
<b>(16)</b>	Distribution of studied cases according to pharmacological treatment.	<b>133</b>
<b>(17)</b>	Distribution of the studied cases according to non pharmacological treatment.	<b>135</b>
<b>(18)</b>	Mortality rate among the studied cases.	<b>139</b>
<b>(19)</b>	Relation between mortality and ICU stay.	<b>142</b>

## **AIM OF THE WORK**

The aim of this study is to review the COPD cases who were admitted at Maamoura Chest Hospital during the period from 2009 to 2012 as regards distribution of the disease, risk factors of the disease, severity and complications of the disease.

## INTRODUCTION

Chronic obstructive lung disease (COLD), chronic obstructive airway disease (COAD), chronic airflow limitation (CAL) and chronic obstructive respiratory disease (CORD), is the occurrence of chronic bronchitis or emphysema, a pair of commonly co-existing diseases of the lungs in which the airways narrow over time *National Heart Lung and Blood Institute et al 2010* This limits airflow to and from the lungs, causing shortness of breath (dyspnea). In clinical practice, COPD is defined by its characteristically low airflow on lung function tests *Nathell L ,et al 2007*. In contrast to asthma, this limitation is poorly reversible and usually gets increasingly worse “Chronic obstructive pulmonary disease (COPD), a common preventable and treatable disease, is characterized by airflow limitation that is usually progressive and associated with an enhanced chronic inflammatory response in the airways and the lung to noxious particles or gases. Exacerbations and comorbidities contribute to the overall severity in individual patients.”

Worldwide, COPD ranked as the sixth leading cause of death in 1990. It is projected to become the fourth leading cause

of death worldwide by 2030, due to an increase in smoking rates and demographic changes in many countries ***Rabe KF,et al 2007***.

COPD is the third leading cause of death in the U.S. Chronic bronchitis is defined in clinical terms as a cough with sputum production on most days for 3 months of a year, for 2 consecutive years ***Mathers CD and Loncar D 2006***. In the airways of the lung, the hallmark of chronic bronchitis is an increased number (hyperplasia) and increased size (hypertrophy) of the goblet cells and mucous glands of the airway. As a result, there is more mucus than usual in the airways, contributing to narrowing of the airways and causing a cough with sputum. As chronic bronchitis progresses, there is squamous metaplasia (an abnormal change in the tissue lining the inside of the airway) and fibrosis (further thickening and scar ***Burrows B et al 1966***ring of the airway wall). The consequence of these changes is a limitation of airflow.

Patients with advanced COPD that have primarily chronic bronchitis rather than emphysema were commonly referred to as "Blue Bloaters" because of the bluish color of the skin and lips (cyanosis) along with hypoxia and fluid retention seen in them ***Kitaguchi Y,et al 2006*** .

Lung damage and inflammation of the air sacs (alveoli) causes emphysema. Emphysema is an enlargement of the air spaces distal to the terminal bronchioles, with destruction of their walls *Paoletti Met al 2009*. The destruction of air space walls reduces the surface area available for the exchange of oxygen and carbon dioxide during breathing. It also reduces the elasticity of the lung itself, which results in a loss of support for the airways that are embedded in the lung. These airways are more likely to collapse causing further limitation to airflow. These people are also known as "Pink Puffers", due to their pink complexion *Petty TL ,et al 2002*.

One of the most common symptoms of COPD is shortness of breath (dyspnea). People with COPD commonly describe this as: "My breathing requires effort," "I feel out of breath," or "I can't get enough air in" *Longmore JM, et al 2004*. People with COPD typically first notice dyspnea during vigorous exercise when the demands on the lungs are greatest. Over the years, dyspnea tends to get gradually worse so that it can occur during milder, everyday activities such as housework. In the advanced stages of COPD, dyspnea can become so bad that it occurs during rest and is constantly present.