

Cross-Sectional Survey to Assess the Burden of Nocturnal Symptoms in Patients with Chronic Obstructive Pulmonary Disease (COPD)

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Aims

- Patients with COPD often have poor sleep quality and report worsening of respiratory symptoms at night.
- Additionally, they suffer from symptoms throughout the day that impact their quality of life (QoL)
- This study examined the burden of nocturnal symptoms and the importance of nocturnal symptom control compared with daytime or overall symptom control

Methods

Study Design

- Retrospective analysis using Adelphi Respiratory Disease Specific Programme (DSP™) data, which surveyed physicians and patients from July to December 2019

Inclusion/Exclusion Criteria

- Physician Sample (n=171):
 - Primary care or pulmonology
 - Required to manage patients with COPD (≥3/month)
- Patient Sample (n=800):
 - ≥18 years with a confirmed diagnosis of COPD

Objectives

- **Primary Objective**
 - Describe the frequency, burden, and importance of nocturnal symptoms in COPD patients
- **Secondary Objectives**
 - Describe the relationship between nocturnal symptoms and physician drug choice
 - Describe the proportion of patients where the reason for prescribing of drug therapy relates to the improvement of nocturnal symptoms
 - Describe the relationship between physician prescribing rationale of selecting a once daily or twice daily drug to treat nocturnal symptoms

Results

Figure 1. Time of Day COPD Bothers Patients the Most

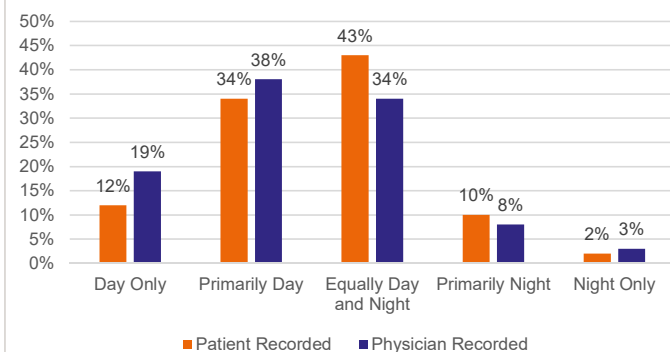


Figure 3. Physician-Reported Impact on Quality of Life

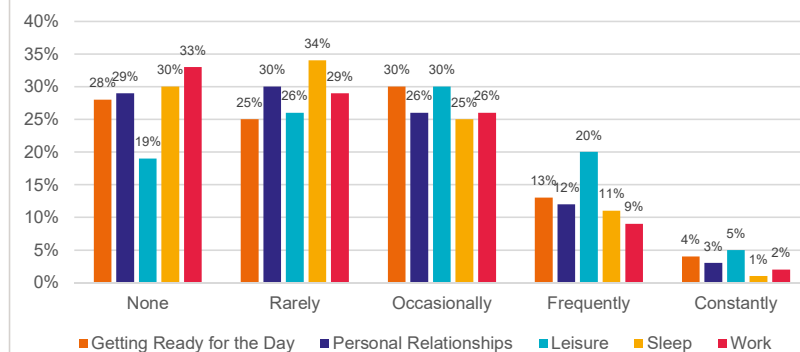


Figure 2. Patient-Reported Frequency of Symptoms

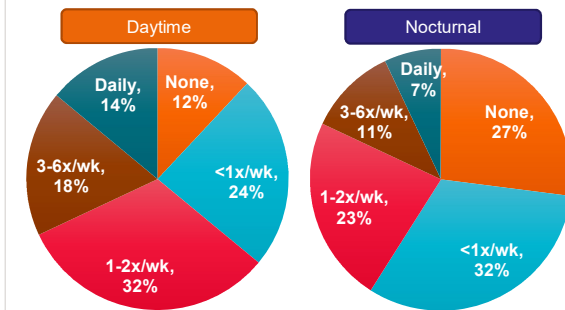
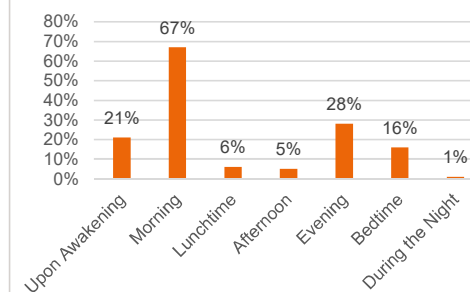


Figure 4. Patient-Reported Timing of Medications



Conclusions

Daytime and nocturnal symptoms are common among patients with COPD. Frequency of nocturnal symptoms was related to significant impairment in activity and health-related QoL.

These results suggest that prescribers should consider working with patients to maximize symptom control throughout the day

Disclosures

- XS and MB are GSK employees and hold stocks/shares. JS and MS are current employees of Adelphi Real World and received research funds from GSK but did not receive payment for poster development.
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Disclosures (cont.)

- On behalf of all authors, an audio recording of this poster was prepared by Michael Bogart, who did not receive any payment for the recording.

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