

## **PULMONARY REHABILITATION IN ADVANCED LUNG CANCER PATIENTS DURING CHEMOTHERAPY - PRELIMINARY REPORT OF A RANDOMIZED STUDY**

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**Objectives:** The aim of this study was to investigate the utility of a pulmonary rehabilitation (PR) program on mobility, dyspnea and quality of life in patients with lung cancer during chemotherapy.

**Methods:** This study included patients with newly diagnosed advanced lung cancer and performance status 0 - 2. Study group consisted of 20 pts (12 study group, 8 controls). Mobility (6 MWT), perceived of dyspnea (MRC, OCD, BDI) and quality of life (SF-36, EORTC) was analyzed before and after the intervention. The 8 weeks inpatient rehabilitation program was based on Nordic Walking exercise training with ski poles and respiratory muscle training.

**Results:** In study group we observed increase of mobility (6 MWT: 527.3 vs. 563.4, ns) after PR. MRC was the only one dyspnoea questionnaire where significant ( $p=0.001$ ) improvement of perception of dyspnoea was observed in study group in comparison to controls. General quality of life questionnaire as well as EORTEC showed improvement in study group in comparison to controls after completing the PR programme but without statistical significance.

**Conclusion:** This preliminary report suggests that pulmonary rehabilitation in advanced lung cancer patients during chemotherapy seems to be a beneficial intervention to reduce dyspnea and improve quality of life and mobility.