



ABS027

CLINICAL ASSESSMENT OF SEVERITY IN COPD PATIENTS WITH LOWER SOCIOECONOMIC STATUS USING MODIFIED MEDICAL RESEARCH COUNCIL (mMRC) SCALE

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INTRODUCTION: Lower socioeconomic status is considered to be an independent risk factor of chronic conditions, such as chronic obstructive pulmonary disease (COPD). COPD morbidity in rural areas has been higher than in urban settings. The management of chronic diseases seems to be particularly difficult in rural areas. The MRC dyspnoea scale is simple to administer as it allows the patients to indicate the extent to which their breathlessness affects their mobility. MRC dyspnoea scale can be easily applied for quantification of severity of COPD

OBJECTIVE: To analyze the severity level of the disease clinically in patients who are diagnosed as suffering from chronic obstructive pulmonary disease

METHODOLOGY: A prospective observational study was conducted in General Medicine department of a tertiary care hospital for a period of 6 months. All COPD patients of either sex aged above 18 years were enrolled in the study. Upon prior consent from the patients; Personal interview was held to collect data including age, gender and occupation. Dyspnoea was graded by MRC Scale as grades 0-4.

RESULTS: Among 100 patients studied, COPD was reported more in male patients (78%) as compared to females (22%). 44% of the patients were in the age group of 61-70 years.

As per the socioeconomic status, patients were divided into three grades as follows **Grade-I:**-People in administration, **Grade-II:** - Employees, clerical staff, **Grade-III:**-Gardeners, security guards, drivers, peon and others. It was found that Grade-3 employees showed a greater incidence of COPD. Out of 100 patients studied, most of them had mMRC grade-3 (32%) followed by Grade-1 (25%), Grade-2 (24%), Grade- 4 (16%) and Grade-0 (3%).

DISCUSSION AND CONCLUSION: The mMRC scale can be used as an effective tool for screening in rural set up where the facilities for spirometric evaluation of COPD are nonexistent. Apart from that, mMRC scale is a convenient and comprehensive tool for respiratory therapists in planning the rehabilitation programs in patients with lower socioeconomic status.

Keywords: COPD, Dyspnoea, mMRC scale, Socioeconomic status