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**Original article:**

**“Study of Bode index as a predictor of severity and systemic involvement in patients with COPD”**

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**Abstract:**

**Background and objectives**: Chronic obstructive pulmonary disease (COPD) is defined a preventable and treatable disease with some significant extra pulmonary effects. This study emphasizes on the fact that BODE index can be used as a valuable predictor of hospitalization and severity of systemic involvement in patients with COPD.

**Materials and Methods:** A total of 120 patients were enrolled into the study. 90 patients with symptoms suggestive of COPD were selected as cases and 30 patients were selected as controls. The lung function parameters were assessed by spirometry and they were categorised into mild, moderate and severe COPD cases. All patients underwent detailed clinical examination, electrocardiography, echocardiography and routine investigations with special reference to Hb%, Albumin and C reactive protein levels.

**Results:** The average age of participants in the study was 56.91yrs.The BODE score was significantly associated with the number of packyears of smoking. It was 5.16 packyears in mild ,6.5 in moderate and 17.1 in severe cases.ECG axis was found to be normal in control and mild groups. While 8 patients in moderate group and 26 patients in severe group had RAD. Ejection fraction was found to decrease with increasing severity of COPD with mild group having61.6%and severe group have 48.96%.

**Conclusion:** BODE index is reliable method to predict hospitalization and the severity of systemic involvement in patients with COPD. Since the assessment of BODE index requires only a spirometer, which is relatively inexpensive and can easily be made available,. Thus, the BODE index can be used for judicious referral of patients with COPD thereby preventing the wastage of the limited resources available.

**Keywords:** Bodeindex, COPD, Spirometry