

# The physical and psychosocial impacts of COPD on younger and older patients

Our new global survey of 1,375 adults with COPD in 11 countries found that the disease has substantial physical and psychosocial impacts on patients – particularly younger ones (45–54 years old).

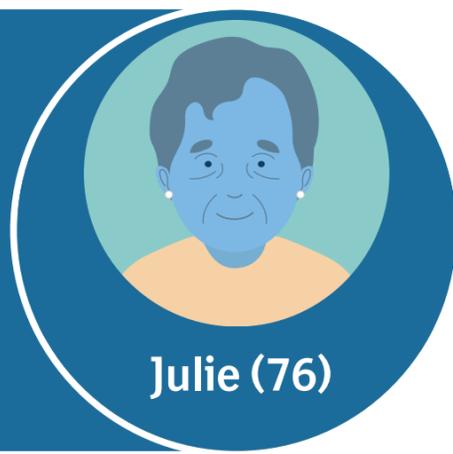
Younger patients more frequently reported that their COPD has a higher impact on their daily activities and wellbeing compared to older patients (≥65 years old). They also expressed a need for more support from HCPs to achieve optimal treatment management, and thereby manage their work and personal life.<sup>1</sup>

## A day in the life of...



John (53)

As a younger COPD patient, John is affected by his disease in different ways to Julie, who is older



Julie (76)

## Physical impact



**37% of younger people**

reported that their COPD 'extremely' or 'very much' impacts their ability to complete tasks outside the home, compared to 22% of older people<sup>1</sup>



**41% of younger people**

reported 'constantly' or 'frequently' having to plan their day around periods of breathlessness and/or coughing, compared to 19% of older people<sup>1</sup>



## Psychosocial impact



**Younger people**

reported feeling 1.7 to 2.2 times more stressed and overwhelmed than older people<sup>1</sup>



## Support needs



**Most respondents**

receive inhaler device training from their physician; **55% of younger people** were interested in receiving follow-up training, compared to **only 20% of older people**<sup>1</sup>



**Older respondents**

were less likely to want information and support around inhaler device management. **58% of older patients** stated that they did not need it, compared to **18% of younger patients**<sup>1</sup>



## Conclusion

Findings reinforce the need for HCPs and COPD patients, particularly younger ones, to work towards optimal treatment management and therapy. This should be aimed at improving symptoms and lessening the impact of COPD on the patient's quality of life, in terms of both work and personal settings.

### References:

1. Dekhuijzen R, et al. COPD. 2020 July 8. doi: 10.1080/15412555.2020.1788526. ePub ahead of print.