FIG 1. EXERCISE AND HEALTH STATUS

For every 100 patients who completed either the 6MWT or the ISWT both on initial assessment and discharge:

- 63 improved after PR by more than the MCID*
- 20 improved after PR but by less than the MCID
- 17 had no change or a reduction

For every 100 patients who had a health status test (CAT, SGRQ, or CRQ) both on initial assessment and discharge:

- 61 improved after PR by more than the MCID**
- 13 improved after PR but by less than the MCID
- 26 had no change or a worse score

For every 100 patients who had either the 6MWT, ISWT, or a health status test, 78 achieved a MCID in at least one measure, 12 achieved improvement of less than the MCID, and 10 had no improvement in any measure.

6MWT = six-minute walking test; CAT = chronic obstructive pulmonary disease assessment test; CRQ = chronic respiratory questionnaire; ISWT = incremental shuttle walking test; MCID = minimal clinically important difference; PR = pulmonary rehabilitation; SGRQ = St George’s Respiratory Questionnaire.

*48m for the ISWT, 30m for the 6MWT. **Reduction in four points on total score for SGRQ, increase in 0.5 points on average of four domain scores, reduction in two points for CAT.

Source: Steiner et al (2016)