

### 8.30 The Impact Of Biological Sex On Response To Pulmonary Rehabilitation In COPD

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**Background:** Chronic obstructive pulmonary disease (COPD) may affect men and women differently, with women reporting more symptoms and anxiety/depression for the same degree of physiological impairment. Pulmonary rehabilitation (PR) has been shown to improve outcomes in COPD both in terms of symptom burden, and exercise tolerance. It has not been definitively established where these differences are linked to different responses to PR in males and females.

**Methods:** To assess the differential impact of PR on the sexes in COPD, we examined baseline and post-PR changes in exercise capacity (incremental shuttle test, six minute walk test), and symptom burden (COPD Assessment Test (CAT), Hospital Anxiety and Depression Scale (HADS)) between males and female taking part in an outpatient PR programme.

**Results:** Patients with COPD attending outpatient PR in our centre between 2016 and 2024 were included. The baseline walk test distance and CAT score were similar between the sexes. Similarly, no significant difference was noted in degree of change in important physiological and symptom-based PR outcomes between males and females.

**Conclusion:** Despite variation in disease manifestations between male and female patients with COPD, PR outcomes between the sexes were equivalent.

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