

## ABSTRACT

### The Effect of COPD-Related Fatigue on Patients' Quality of Life during Covid-19 Pandemic

By: Angham Al- Badarneh  
Supervised by: Dr. Enas Assaf

**Introduction:** Chronic Obstructive Airway disease (COPD) is a widespread and progressive disease, composed of emphysema and chronic bronchitis, fatigue is the most popular, discovered, still untreated in patients with COPD. Patients who have a higher rate of fatigue also have a greater rate of decline in QoL, patients who suffer from fatigue also suffer from narrowing of the airways, worsening health condition and negatively affects the QoL.

**Aim:** The purpose of this study was to identify the fatigue level and QoL in Jordanian patients with COPD during COVID-19 pandemic.

**Methodology:** This was a cross-sectional correlational design with a convenience sample of 200 patients with COPD. Data were collected from the outpatient's pulmonary clinic from four hospitals in Jordan, two private, one governmental, one educational, using two tools which include the Arabic version of Fatigue Severity Scale (FSS-Ar) questionnaire, and the Arabic World Health Organization QoL Instruments (Arabic -WHOQOL-BREEEF) questionnaire.

**Result:** The majority of the patients were male 149 (74.5%), married 102 (51.0%), retired 147 (73.5%), smokers 105 (52.5%), and have university degree 176 (88.0%). The fatigue mean score range from  $(4.86 \pm 0.806 - 5.14 \pm 0.802)$ , implying that the patients had fatigue because their scores exceeded 4. According to QoL, environmental domain was the highest with a mean score of  $(2.737 \pm 0.409)$ , while the physical domain was the lowest with a mean score of  $(2.558 \pm 0.478)$ . Also, there is a negative moderate correlation between QoL and fatigue. Non- smokers, unmarried, and employers had a higher mean of QoL than smokers, married, unemployed and retired ( $M=2.76$ ,  $M=2.73$ ,  $M=3.01$ ), respectively. Age category of 41-50 years old and 51-60 years old had higher mean QoL than age category of  $\geq 61$  years old ( $M=2.88$ ,  $M=2.72$ ,  $M=2.52$ ), respectively, and vice versa for fatigue. Smokers and married had a higher mean for fatigue than non-smoker and unmarried. Employers had lower mean of fatigue than not employed and retired. Age category, also, showed a statistically significant difference with fatigue.

**Conclusion:** COPD is a widespread disease with many signs and symptoms like fatigue, but fatigue is still ignored and leads to decreased QoL in COPD patients, especially in Corona virus patients; it is highly recommended to repeat this study in different settings in Jordan.

**Key words:** Chronic Obstructive Airway disease, Fatigue, Quality of life.