

Clinical Practice Guideline for physical therapy in patients with Chronic Obstructive Pulmonary Disease (COPD) - Portuguese version

Guia para prática clínica: Fisioterapia em pacientes com Doença Pulmonar Obstrutiva Crônica (DPOC)*

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Abstract

Introduction: In the context of international collaboration for the development of practice guidelines, the Royal Dutch Society for Physical Therapy (Koninklijk Nederlands Genootschap voor Fysiotherapie, KNGF) has developed guidelines for the clinical practice of physical therapy in patients with Chronic Obstructive Pulmonary Disease (COPD). It has also stimulated its translation into other languages to make it accessible to international audiences. **Objectives:** The present document brings the Portuguese version of the KNGF Clinical Practice Guidelines for physical therapy in COPD patients. Its purpose was to describe evidence-based physical therapy for COPD patients with impairments in pulmonary function, peripheral and respiratory muscle function, exercise capacity, mucus clearance and quality of life, in addition to limitations in physical activity in daily life due to dyspnea and/or exercise intolerance. **Conclusion:** The guideline provides practical and therapeutic recommendations based on currently available scientific evidence to help the physical therapist provide the best possible treatment to COPD patients.

Keywords: COPD; practice guidelines; evidence-based physical therapy.

Resumo

Introdução: No contexto da colaboração internacional para desenvolvimento de guias práticos (ou guidelines), a Sociedade Real Holandesa de Fisioterapia (Koninklijk Nederlands Genootschap voor Fysiotherapie, KNGF) se propôs a desenvolver um guia para esclarecimento sobre a prática clínica de Fisioterapia em pacientes com Doença Pulmonar Obstrutiva Crônica (DPOC), assim como também optou por estimular a sua tradução para outras línguas, a fim de torná-lo acessível para públicos internacionais. **Objetivos:** O presente guia é a versão em língua portuguesa do Guia para Prática Clínica de Fisioterapia em pacientes com DPOC desenvolvido pela KNGF, que teve como objetivo descrever a Fisioterapia baseada em evidências para pacientes com DPOC que apresentam limitação da função pulmonar, da função muscular respiratória e periférica, da capacidade de exercício, da depuração mucociliar e da qualidade de vida, além de limitações em relação à atividade física na vida diária pela dispnéia e/ou intolerância ao exercício. **Conclusão:** O guia propõe-se principalmente a prover recomendações terapêuticas práticas que auxiliem o fisioterapeuta a oferecer o melhor tratamento possível para pacientes com DPOC, consideradas as evidências científicas disponíveis na atualidade.

Palavras-chave: DPOC; guia prático; fisioterapia baseada em evidências.

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NOTE TO READERS

As any guidelines for clinical practice, this document was motivated by the potential benefits of providing practical therapy recommendations to help the physical therapist offer the best possible treatment for patients with chronic obstructive pulmonary disease (COPD), taking into account the available scientific evidence. The Brazilian Journal of Physical Therapy (BJPT) has published the Portuguese version of the Clinical Practice Guidelines for Physical Therapy in patients with COPD, originally published in 2008 in Dutch by the Dutch Royal Society for Physical Therapy (Koninklijk Nederlands Genootschap voor Fysiotherapie, KNGF) and more recently translated into other languages. The original version in Dutch is substantially more detailed than the version published by the BJPT and can be found at http://www.fysionet.nl/dossier_files/uploadFiles/RL_COPD_PRL_281108.pdf. A complementary document published by KNGF, also in Dutch and composed of an extensive literature review on the topic, is available at <https://www.cebp.nl>. Because the BJPT does not have permission to publish the English version, it will not be translated or available for free access.

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