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Descubriendo lo nuevo en EPOC presentado en ATS, ERS y SEPAR

ERS - LABA/LAMA combination, exercise and lung hyperinflation in COPD: a meta-analysis

Cazzola M

Background

The ability to exercise is an important clinical outcome in COPD, and the improvement in exercise capacity is recognized to be an important goal in the management of COPD.

Aim

We carried out a meta-analysis to evaluate the impact of LABA/LAMA combination on exercise capacity and lung hyperinflation in COPD.

Methods

Randomized Clinical trials (RCTs) were identified after a search in different databases of published and unpublished trials in order to assess the impact of LABA/LAMA combinations on endurance time (ET) and inspiratory capacity (IC), vs. monocomponents in COPD patients

Results

Eight RCTs including 1,632 COPD patients were meta-analyzed.

	LABA/LAMA vs.	
	LABA	LAMA
Endurance time (sec)	+43	+22
Inspiratory capacity (ml)	+ 107	+ 87

LABA/LAMA combinations showed the highest probability of being the best therapy with regard of both ET and IC (100% and 100%, respectively), followed by LAMA (66% and 64%, respectively) and LABA (32% and 36%, respectively), as indicated by the analysis of surface under the cumulative ranking curve (SUCRA).

No publication bias was detected in this meta-analysis.

Conclusions

This synthesis clearly demonstrates that if the goal of the therapy was to enhance exercise capacity in patients with COPD, LABA/LAMA combination consistently met the putative clinically meaningful differences for both ET and IC and, in this respect, was superior to the monocomponents.

The image features the Ferrer logo, which consists of a stylized 'F' icon in teal and green, followed by the word 'ferrer' in a bold, black, lowercase sans-serif font. The logo is centered in the upper half of the frame. The background is a vibrant landscape of a green field with tall grasses and wheat stalks in the foreground, extending to a distant horizon under a bright blue sky filled with scattered white clouds. The entire scene is framed by a solid purple border.

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