

Physical Activity in COPD: Minimal Clinically Important Difference for Medical Events

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SUPPLEMENT

Table S.1. Baseline subject characteristics between those randomized and analyzed versus those randomized but not analyzed

Characteristic	Total N=114	Analyzed N=93	Not Analyzed N=21	Between Group P-Value*
Age (years)	69 ± 8	69 ± 8	66 ± 9	0.07
Male sex	112 (98.3)	91 (97.9)	21 (100)	1.0 [†]
Race (White)	105 (92.1)	85 (91.4)	20 (95.2)	1.0 [†]
BMI (kg/m ²)	29 ± 5.5	29 ± 5.3	30 ± 6.2	0.26
Pack-years	60.8 ± 40.8	61.5 ± 40.9	57.8 ± 41.3	0.42 [‡]
Current smoker	43 (37.7)	33 (35.5)	10 (47.6)	0.30
Current oxygen use	26 (22.8)	22 (23.7)	4 (19.1)	0.78 [†]
Prior pulmonary rehabilitation	13 (11.4)	11 (11.8)	2 (9.5)	1.0 [†]
Baseline daily step count	3444 ± 2444	3127 ± 1830	4845 ± 3974	0.12 [‡]
FEV ₁ (L)	1.86 ± 0.61	1.86 ± 0.6	1.86 ± 0.5	0.74 [‡]
FEV ₁ % predicted	62.4 ± 21.2	62.7 ± 22.3	61.3 ± 15.5	0.87 [‡]
GOLD stage				0.45 [†]
I	20 (17.5)	18 (19.3)	2 (9.5)	
II	65 (57.0)	50 (53.8)	15 (71.4)	
III	23 (20.2)	19 (20.4)	4 (19.1)	
IV	6 (5.3)	6 (6.5)	0 (0)	
Comorbidities				
CAD	23 (20.2)	19 (20.4)	4 (19.1)	1.0 [†]
Hypertension	67 (58.8)	51 (54.8)	16 (76.2)	0.09 [†]
CHF	8 (7.0)	5 (5.4)	3 (14.3)	0.16 [†]
Arthritis	42 (36.8)	36 (38.7)	6 (28.6)	0.46 [†]
Diabetes	29 (25.4)	22 (23.7)	7 (33.3)	0.41 [†]
Depression	44 (38.6)	34 (36.6)	10 (47.6)	0.46 [†]
Back Pain	45 (39.5)	38 (40.9)	7 (33.3)	0.62 [†]
6MWT distance (m)	389 ± 83	390 ± 82	385 ± 92	0.80
SGRQ-TS	34 ± 17	34 ± 16	34 ± 19	0.92
MMRC dyspnea score				0.40 [†]
0-2	88 (77.2)	70 (75.3)	18 (85.7)	
3-4	26 (22.8)	23 (24.7)	3 (14.3)	
BDI-II depression score	9.2 ± 9.2	8.9 ± 9.3	10.6 ± 8.8	0.30 [‡]
AE in the past year	16 (14.0)	15 (16.1)	1 (4.8)	0.30 [†]
Hospitalized for any reason in past year	14 (12.3)	10 (10.8)	4 (19.1)	0.29 [†]

Values are means ± SD or frequency (percentages)

BMI denotes body-mass index; FEV₁ forced expiratory volume in first second; GOLD global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease; CAD coronary artery disease; CHF congestive heart failure; 6MWT 6-minute walk test; SGRQ-TS St. George's Respiratory Questionnaire-Total Score; MMRC Modified Medical Research Council; and AE acute exacerbation

*Unpaired t-test for continuous and chi-square test for categorical variables, unless otherwise noted. [†]Fisher's exact test. [‡]Wilcoxon rank-sum test

Table S.2. Baseline subject characteristics by study randomization arm

Characteristic	Total N=93	Pedometer Alone N=43	Pedometer Plus Website N=50	Between Group P-Value*
Age (years)	69 ± 8	69.3 ± 8	69 ± 9	0.97
Male sex	91 (97.9)	42 (97.7)	49 (98.0)	1.0 [†]
Race (White)	85 (91.4)	39 (90.7)	46 (92.0)	1.0 [†]
BMI (kg/m ²)	29 ± 5.3	28.6 ± 5.3	29.4 ± 5.4	0.50
Pack-years	61.5 ± 40.9	61.2 ± 47.5	61.8 ± 34.7	0.38 [‡]
Current smoker	33 (35.5)	15 (34.9)	18 (36.0)	0.91
Current oxygen use	22 (23.7)	9 (20.9)	13 (26.0)	0.57
Prior pulmonary rehabilitation	11 (11.8)	5 (11.6)	6 (12.0)	1.0 [†]
Baseline daily step count	3127 ± 1830	3506 ± 1992	2801 ± 1630	0.11 [‡]
FEV ₁ (L)	1.86 ± 0.6	1.92 ± 0.70	1.81 ± 0.60	0.49 [‡]
FEV ₁ % predicted	62.7 ± 22.3	64.9 ± 22.3	60.8 ± 22.3	0.25 [‡]
GOLD stage				0.79 [†]
I	18 (19.3)	10 (23.3)	8 (16.0)	
II	50 (53.8)	22 (51.1)	28 (56.0)	
III	19 (20.4)	9 (20.9)	10 (20.0)	
IV	6 (6.5)	2 (4.7)	4 (8.0)	
Comorbidities				
CAD	19 (20.4)	10 (23.3)	9 (18.0)	0.53
Hypertension	51 (54.8)	21 (48.8)	30 (60.0)	0.28
CHF	5 (5.4)	3 (7.0)	2 (4.0)	0.66 [†]
Arthritis	36 (38.7)	20 (46.5)	16 (32.0)	0.15
Diabetes	22 (23.7)	7 (16.3)	15 (30.0)	0.12
Depression	34 (36.6)	14 (32.6)	20 (40.0)	0.46
Back Pain	38 (40.9)	20 (46.5)	18 (36.0)	0.30
6MWT distance (m)	390 ± 82	394 ± 72	387 ± 89	0.67
SGRQ-TS	34 ± 16	33 ± 15	35 ± 17	0.46
MMRC dyspnea score				0.76
0-2	70 (75.3)	33 (76.7)	10 (23.3)	
3-4	23 (24.7)	37 (74.0)	13 (26.0)	
BDI-II depression score	8.9 ± 9.3	9.1 ± 9.4	8.8 ± 9.4	0.84 [‡]
AE in the past year	15 (16.1)	7 (16.3)	8 (16.0)	1.0 [†]
Hospitalized for any reason in past year	10 (10.8)	3 (7.0)	7 (14.0)	0.33 [†]

Values are means ± SD or frequency (percentages)

BMI denotes body-mass index; FEV₁ forced expiratory volume in first second; GOLD global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease; CAD coronary artery disease; CHF congestive heart failure; 6MWT 6-minute walk test; SGRQ-TS St. George's Respiratory Questionnaire-Total Score; MMRC Modified Medical Research Council; and AE acute exacerbation

*Unpaired t-test for continuous and chi-square test for categorical variables, unless otherwise noted. [†]Fisher's exact test. [‡]Wilcoxon rank-sum test

Semi-Structured Telephone Interview Script

Monthly Adverse Events Survey

- 1. In the past 4 weeks, have you had any worsening of your breathing?**

YES NO

Notes:

- 2. In the past 4 weeks, have you taken any new medications for your breathing?**

YES NO

Notes:

- 3. In the past 4 weeks, have you sought care from your medical provider, in an Emergency Room or Urgent Care center, for any reason?**

YES NO

Notes:

- 4. In the past 4 weeks, have you been hospitalized with an overnight stay for any reason?**

YES NO

Notes:

5. In the past 4 weeks, have you had any of the following symptoms become **NEW** or **WORSE** for you?

		Notes:
Shortness of breath	YES NO	
Chest pain or discomfort	YES NO	
Lightheadedness	YES NO	
Dizziness	YES NO	
Leg pain	YES NO	
Foot pain	YES NO	
Back pain	YES NO	