ABSTRACT: Introduction:
Even though smoking is a major reason for the development and progression of chronic obstructive pulmonary disease (COPD) and quitting smoking is the only way to stop its progression, a significant number of smokers still continue to smoke after being diagnosed with COPD. The aim of this study is to compare the clinical and demographic characteristics of COPD patients who are current and former smokers and to find factors associated with their current smoking status.

Methods:
For this study, data were collected between June 2015 and August 2016. COPD patients who had been regularly visiting Hopa State Hospital’s outpatient clinic over the last year or longer were included. Their demographic, clinical, and functional data were recorded. Patients completed a pulmonary function test, six-minute walk test (6-MWT), COPD assessment test (CAT), and modified Medical Research Council (mMRC) dyspnea scale. Comparisons were then made according to their smoking status.

Results:
In total 100 patients were included in the study; with a mean age of 63.4±10.7 years and mostly males (94%). Regarding smoking status, 49% were current smokers and 51% were former smokers. Multivariate logistic regression analysis revealed that current smoking was negatively associated with age (odds ratio, OR=0.93, 95% confidence interval, CI=0.88–0.96) and Global Initiative for Chronic Obstructive Lung Disease (GOLD) stage (OR=0.32, 95% CI=0.13–0.79), and was positively associated with six-minute walk distance (OR =1.005, 95% CI=1.001–1.009) and CAT score (OR=1.07, 95% CI=1.009–1.13).

Conclusions:
Nearly half of the COPD patients in the study continued smoking even after having been diagnosed with COPD. The younger patients, with better lung function, better exercise capacity and poor quality of life were associated with current smoking.