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**Nutritional Patterns in Patients with Chronic Obstructive Pulmonary Disease: An Evaluation Following Patient Counselling**

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**Abstract:**

**Background of the study:** To assess the dietary patterns among chronic obstructive pulmonary disease patients. **Aim:** To study the impact of patient counselling of dietary patterns in COPD patients. **Methods:** From October 2023 to July 2024, a prospective observational study was conducted on 60 patients who sought consultations at the pulmonology department of Karuna Medical College, located at Vilayodi, Chittur, Palakkad. An analysis is conducted on the evaluation of eating patterns prior to and following patient counselling. Within thirty days, a follow-up is conducted to evaluate their improved clinical status. In MS Excel 2007, the obtained cases were entered, and independent samples t-tests were utilized to calculate the percentage of various parameters. **Results:** A total of 60 cases were included. COPD was more prevalent among patients at geriatric age group 61-70 (53%). In HEAT in baseline heat score poor is shown as 48.3% and in follow up period it is reduced to 38.3%. **Conclusion:** There is a great need for the discovery of modifiable risk factors for COPD prevention and therapy. The research that is now available suggests that because food can influence disease, public health may benefit from an improved understanding of nutrition and dietary factors influencing respiratory health.

**Key Words:** *Chronic obstructive pulmonary (COPD), (HEAT)Healthy eating assessment tool,*

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