REVIEW

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COPD phenotypes and machine learning cluster analysis:

A systematic review and future research agenda

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Abstract: Chronic Obstructive Pulmonary Disease (COPD) is a highly heterogeneous condition projected to become the third leading cause of death worldwide by 2030. To better characterize this condition, clinicians have classified patients sharing certain symptomatic characteristics, such as symptom intensity and history of exacerbations, into distinct phenotypes. In recent years, the growing use of machine learning algorithms, and cluster analysis in particular, has promised to advance this classification through the integration of additional patient characteristics, including comorbidities, biomarkers, and genomic information. This combination would allow researchers to more reliably identify new COPD phenotypes, as well as better characterize existing ones, with the aim of improving diagnosis and developing novel treatments. Here, we systematically review the last decade of research progress, which uses cluster analysis to identify COPD phenotypes. Collectively, we provide a systematized account of the extant evidence, describe the strengths and weaknesses of the main methods used, identify gaps in the literature, and suggest recommendations for future research. **Keywords:** chronic respiratory disease, subtypes, statistical analysis

Introduction

Chronic Obstructive Pulmonary Disease (COPD) is a group of lung diseases, such as emphysema, chronic bronchitis, and asthma, that cause breathing difficulties due to inflammation of the lungs and narrowing of the airways. Typical symptoms of COPD include breathlessness, a persistent cough with phlegm, frequent chest infections, and wheezing. Its main causes are smoking, which accounts for almost 90% of cases, occupational exposure to dust and fumes, and air pollution [1]. COPD represents one of the most common respiratory diseases, and it is projected to become the third leading cause of death worldwide by 2030 [2], principally because of difficulties in early, accurate diagnosis.

To better characterize COPD and improve diagnosis, the extant research has identified different patient phenotypes (i.e., the common clinical characteristics shared by patients affected by COPD). These phenotypes are usually assessed through clinical examinations, generally following the recommendations provided by the Global Obstructive Lung Disease initiative (GOLD) [3]. Specifically, GOLD classifies COPD patients into four phenotype-like categories according to a 2x2 matrix structured along the dimensions of symptoms and history of exacerbations (Table 1).

[Table 1 about here]

Whilst beneficial in guiding clinical practice, this and other forms of COPD classification are often in need of stronger statistical support with respect to their predictive ability regarding clinically meaningful outcomes, such as mortality and response to treatment [4]. For instance, a large prospective study (n=12,108 patients) recently showed that COPD patients receiving maintenance therapy were similarly distributed across the four GOLD phenotypes when compared to patients who received a target treatment [5]. Likewise, the proportion of comorbidities and rate of exacerbations reported across the COPD groups were similar for both cohorts, suggesting a limited discriminatory ability of these phenotypes [5].

To address this issue, research has increasingly called for the integration of other determinants, such as physiological characteristics (e.g., age, body mass index, waist circumference) [6-16,18], comorbidities (e.g., diabetes, cardiovascular diseases) [6,8,10,13,16,17,19], pulmonary function tests [7,8,11-16,19],biomarkers [6,19], and genetic variants [7], as valuable information to facilitate a more comprehensive characterization of the distinctive biological nature of COPD phenotypes, thereby promising to improve their predictive ability for clinically relevant outcomes. In particular, with sustained progress in applying machine learning algorithms to medicine, research has recently begun to put forward the powerful method of clustering – a machine learning method, which allows researchers to find structures in the data so that the elements of the same cluster (i.e., a phenotype) are more similar to each other than to those from different clusters [20], with the aim of integrating patients' information and identifying patterns of association that can characterize COPD phenotypes more precisely.

Yet, at present, there is still little evidence-based information available that both systematizes current knowledge on cluster analysis for COPD phenotype characterization and pinpoints the core benefits and limitations of the different approaches. Here, we aim to tackle this gap by reviewing the last decade of research, which uses cluster analysis to identify clinically meaningful COPD phenotypes. In the following sections of this article we describe our search strategy, synthetize the characteristics of the articles retrieved (e.g., study design, population, phenotypes' features), and provide recommendations aimed at improving the use and performance of these methods in future research and clinical practice.

Search strategy and selection criteria

In keeping with PRISMA guidelines, we conducted our search through a systematic consultation of the Medline PubMed, Cochrane Library, Scopus, and Web of Science (Figure 1) databases.

[Figure 1 about here]

We also hand-searched the reference lists of the retrieved articles. Additionally, we searched articles in leading pulmonary and respiratory medicine scholarly outlets to specifically include journals such as The Lancet Respiratory Medicine and The American Journal of Respiratory and Critical Care Medicine, among others.

Briefly, we tailored the search to probe for overarching concepts and relations pertaining to the domains of machine learning and COPD phenotypes. Specifically, we searched for studies that used cluster analysis to identify COPD phenotypes by using the MeSH keywords "COPD", "phenotypes", "cluster analysis", "clustering" and "machine learning" as well as their possible variants and combinations. Moreover, we aimed to search for articles in which the COPD phenotypes reported were validated by clinically meaningful outcomes, eg, mortality, exacerbations, and response to therapy. We also searched for ongoing registered studies relevant to our research question, including NOVELTY [21], SPIROMICS [22] and the BigCOPData [23] project, which, whilst informative to the overall picture, were not individually retained in our analysis because their final results have yet to be fully disclosed.

Our search resulted in 117 articles published mainly in English and covering the period between 2003 and 2019. After excluding duplicates, we screened 113 papers to select unambiguous publications of relevant research. Hereby, 65 articles were excluded because they were not relevant to COPD phenotypes and/or machine learning methods, while 34 studies were excluded because the COPD phenotypes reported had not been validated with clinically meaningful outcomes.

Fourteen studies that satisfied our inclusion/exclusion criteria were retained in this review. Next, we present the entire body of retrieved studies, focusing in particular on the population characteristics, study design, sample size, the derived COPD phenotypes, and the clinical outcomes against which the phenotypes were validated of the articles respecting our inclusion criteria (Table 2). Moreover, we highlighted important inputs that we appreciated from the studies excluded from our systematic analysis, as well as specific phenotypes observed in the Evaluation of COPD Longitudinally to Identify Predictive Surrogate End-points (ECLIPSE) [24] study.

Findings

Studies respecting inclusion criteria for review

Populations

The sample size varied considerably across studies, spanning from 65 [18] to 30,961 patients [6].The majority of the retrieved works involved multi-centre, observational cross-sectional cohorts across the world (e.g., Italy, France, Spain, Belgium, United Kingdom, Korea, Japan, New Zealand, China). Data were collected from university hospitals, tertiary care, and pulmonary rehabilitation settings. This variability may explain the high variation in sample sizes. For instance, the largest study [6] (ie, CALIBER) covered a longitudinal cohort for a period of 18 years. This cohort comprised the data of electronic health records from three UK national resources: the Clinical Practice Research Datalink (CPRD), the Hospital Episode Statistics (HES), and information on cause-specific mortality from the Office for National Statistics (ONS). The second largest study [7] was based on the Genetic Epidemiology of COPD (COPDGene) and aimed to investigate the genetic factors responsible for COPD development. Moreover, similar to CALIBER [6], Burgel et al [8] combined three national COPD cohorts from France and Belgium as well as one independent cohort from the COPD Cohorts Collaborative International Assessment (3CIA) initiative. Two other relatively large studies, each with over 1,000 patients, were carried out in Asia. One was based on the Korean COPD subgroup multicentre cohort [9] and the other one [10] included out-patients of universities' pulmonary clinics and referral hospitals in 13 Asian cities.

Importantly, despite the diverse ethnic backgrounds of the populations of these studies, the identified COPD phenotypes were rather consistent across studies, including elements of asthma-COPD overlaps, comorbidities, and obesity, amongst others.

Clinical Outcomes

A core characteristic shared among the reviewed studies is that all COPD phenotypes were validated by clinically meaningful outcomes, such as exacerbations, health-related quality of life, mortality rate, and responses to therapy. These phenotypes were cross-validated in a large (n=2,746) three-year observational multi-centre international study – the Evaluation of COPD Longitudinally to Identify

Predictive Surrogate End-points (ECLIPSE) [24]. In this study, a cross-sectional analysis of the baseline data showed that patients with COPD had more frequent comorbidities, especially cardiovascular ones, when compared to controls [25]. It also showed that males with COPD were more susceptible to cardiovascular comorbidity than females; moreover, in Pikoula et al [6], patients with comorbid cardiovascular disease and diabetes were characterized by high hospital admission rates for acute exacerbations of COPD (AECOPD) and were reported as being more likely to die of cardiovascular disease.

Building on these results, subsequent works [26,27] identified phenotypes of patients with frequent (i.e., two or more per year) exacerbations as well as patients with a rapid decline in their lung function. The latter evidence [27] was further extended by a five-year longitudinal study that classified patients into three groups: fast decline, slow decline, and stable patterns [28]. The latter work showed that the only factor significantly associated with a fast decline of FEV1 (Forced Expiratory Volume in 1 second) was the severity of the emphysema. Moreover, 25% of the cohort was represented by the socalled "asthma-COPD overlap," or ACO, in which patients are characterized by having more exacerbations and more frequent comorbidities than in other rapid-decline COPD types [29].

Features of COPD Phenotypes

We found substantial heterogeneity in both the numbers and features of phenotypes presented in the literature. The number of COPD phenotypes identified varied from two to five, the most frequently reported being three [10,11,13-15] and five [6,8,16,17,19].

Intriguingly, the features pertaining to the three most reported phenotypes varied across studies. For instance, phenotypes were characterized by patients having frequent exacerbations and a fast decline in lung function and in quality of life [10], but also by patients of a young age with fewer symptoms and exacerbations [11], or patients with severe respiratory disease but a low rate of comorbidities and older patients with a high rate of comorbidities (e.g., cardiovascular diseases and diabetes) but lower airway limitation and less obesity [12,13].

Two studies [14,15] reported similar phenotypes with respect to COPD severity. Peters et al [14] identified three phenotypes in which patients were characterized by moderate COPD and a low impact on overall health status, moderate COPD with a high impact on health status, or severe COPD with a moderate impact on health status. Similarly, the three phenotypes identified by Garcia-

Aymerich et al [15] were characterized by moderate, severe, and systemic COPD; the latter phenotype also had a high rate of cardiovascular comorbidities.

When four phenotypes were reported, they also differed in terms of the severity of symptoms. Specifically, Yoon et al [9] clustered patients both according to their COPD severity (ie, mild, moderate, severe) and by identifying the ACO phenotype. A related work [7] classified patients according to the severity of emphysema (i.e., minimal, moderate, severe). Moreover, two studies [12,13] emphasized the distinction of two key population groups: a younger group of patients with moderate to severe respiratory disease but few comorbidities, and an older group with mild to severe airflow limitations but a high rate of cardiovascular comorbidities.

In those articles that identified five phenotypes, the reported features were more homogeneous than those identified in studies reporting fewer phenotypes. For instance, almost every study reported similar comorbidities, namely cardiovascular and metabolic diseases (e.g., diabetes), obesity, and ACO, as possible confounding factors. In Burgel et al [8], the derived phenotypes confirmed other existing findings [12,13], suggesting the identification of an older group of patients with a high rate of cardiovascular comorbidities and diabetes but with less severe respiratory impairments. Similarly, Chen et al [16] acknowledged a group of young patients with mild airflow obstructions, few symptoms, and infrequent severe exacerbations vis-à-vis older patients with more symptoms, frequent severe exacerbations, and a high mortality rate.

Overall, the diversity of phenotypes and populations presented in the current literature should not be surprising. Indeed, as we explain in the following, this scenario is largely due to an overarching limited reliance on statistical support in validating COPD with clinically meaningful outputs. Confirming our argument, for instance, a large study [30] carried out across ten independent cohorts from different populations in North America and Europe clearly showed that when identical methods were implemented for 17,146 individuals with COPD using common COPD-related characteristics, the reproducibility of COPD phenotypes across studies was rather modest.

Studies excluded from the systematic analysis

Ninety-nine studies were excluded either because a) they were irrelevant to COPD phenotypes or machine learning methods under study or b) the reported COPD phenotypes were not validated against clinical meaningful outcomes (Table 3).

[Table 3 about here]

Twenty one of those studies identified between two [31] and nine [32] phenotypes; however the number of phenotypes most frequently reported were either three [33, 34, 35, 36], four [37, 38, 39, 40, 41, 42, 43, 44] or five [45, 46, 47, 48, 49, 50, 51]. The works were predominantly observational – 12 were cross-sectional [31, 33, 36, 38, 39, 40, 41, 42, 47, 48, 49, 51], six prospective [34, 43, 44, 45, 46, 50], two retrospective [32, 37] and one randomised placebo controlled clinical trial [35]. Reported samples were comprised between 75 [36] and 3,144 [32] patients. In these studies, there was a remarkable heterogeneity among the reported phenotypes. For instance, when three phenotypes were reported, patients were characterized as either being young with few symptoms and mild airway limitation, or older and highly symptomatic with severe airway limitation or as a combination of both [34]. Moreover, de Torres et al. [34] showed that these phenotypes remained stable in most of the patients over a two years follow-up period.

In studies with four phenotypes patients were characterized by the severity of the disease, i.e., patients with mild to moderate disease, moderate to severe emphysema, mild to increased dyspnoea, low to high exacerbation risk or even an overlap of asthma and COPD [38, 39, 41]. In one of these studies, Bafadhel et al [43] classified patients into four biologic clusters: a) bacterial-predominant, b) viral-predominant, c) eosinophilic-predominant and d) patients with limited changes in their inflammatory profile.

In clusters of five phenotypes patients were characterized not only by the severity of the disease [45, 48] but also by the presence of comorbidities [46] as well the asthma and COPD overlap syndrome [47, 48, 49]. We also observed a reported distinction between female patients with high body mass index, asthma, COPD, and symptom scores but no inflammation, and male patients with asthma and COPD with high eosinophil counts and low use of oral corticosteroids [47]. Another salient difference was shown between younger-onset asthma patients with severe symptoms and elderly patients with high frequency of comorbidities and concomitant COPD [50].

A list of commonly occurring COPD phenotypes, along with their grouping, is presented in Table 4; it summarizes the most frequently reported phenotypes among the studies we reviewed.

[Table 4 about here]

Methods

Study design

Generally speaking, the retrieved research based on observational studies [6-8] highlights the advantage of capturing large cohorts of patients with COPD as well as the opportunity to showcase "real-life" outputs from clinical practice. Moreover, and in contrast to controlled experiments such as clinical trials in which patients are selected homogeneously to satisfy certain inclusion and exclusion criteria, an observational study allows researchers to appreciate the patients' heterogeneity, which is a defining feature of COPD. Hence, the analysis of and outputs from such studies advance knowledge with respect to sample representativeness, covering actual COPD populations from different geographical settings.

On the other hand, the results coming from observational studies may lead to the emergence of unstable phenotypes, in turn making treatment decisions more complex. Similarly, because observational studies are generally carried out in university hospitals, tertiary care centres or rehabilitation settings, they tend to cover only severe COPD patients and may not be fully representative of the wider COPD population.

Validation

Across the reviewed studies, we acknowledge that the derived COPD phenotypes were often validated both internally (i.e., from the same population in terms of clinically meaningful outcomes such as exacerbations, mortality, and response to therapy) and externally on a different population (e.g., including the rapid lung function decline or the asthma-COPD overlap phenotype in the ECLIPSE cohort). This procedure offers strong reliability as it provides evidence for the generalizability and robustness of the results.

Data reduction and clustering

Most of all, from our analysis of the literature, we can appreciate the recurrent use of statistical techniques aiming to reduce the size of the data and group patients with similar characteristics into distinct clusters. These approaches have the immediate advantage of utilizing all available information, yet in practice they "operationalize" phenotypes as if they were mathematical constructs and as a result they may not always be closely relevant to the medical condition.

As such, issues such as the handling of missing data or the choice of variables feeding the analysis become paramount features to ensure the consistency of phenotype identification in progressing with COPD research. For instance, while the analysis of common features already offers a moderate concordance in determining COPD phenotypes [30], their robustness and reproducibility using an extended or diverse list of variables remains to be determined.

We argue that one of the first steps needed to overcome the issue of ensuring the reproducibility and alignment of COPD phenotypes is situated, at least to some extent, in the variety of statistical methods used to derive them (Table 5).

[Table 5 about here]

Most of the reviewed literature used data reduction methods to select the variables to include in the cluster analysis [6-8,10-13,16]. These methods vary from Principal Components Analysis (PCA) [52] to Multiple Correspondence Analysis (MCA) [53] – a method similar to PCA yet using categorical data – and factor analysis. PCA, MCA, and factor analysis [54, 55] share the characteristic that they reduce data dimensionality to identify a small number of clinically relevant variables able to explain most of the variations occurring in COPD patients' data. Whilst these approaches are beneficial to summarize data with a few variables without losing information, the interpretation of the derived variables within a clinical context is rarely straightforward due to their intimate mathematical nature. Other studies [9,14,15,17,19] selected variables on either data availability and/or clinical expertise, i.e., by including a priori available variables deemed to be relevant to COPD alone. For instance, Chubachi et al [17] used only comorbidity data, while others used either a combination of lung function and demographic data (i.e., age, BMI, smoking status) [9,12,14,16,18] or a combination of lung function, demographic, comorbidity, and biomarker data [6,8,10,19]. Thus far, only a few articles combined all the above information with imaging and/or genetic data [7,11,13,15]. The variability in the choice of variables can thus lead to the unpredictability of the characteristics of the derived phenotypes.

Noticeably, seven works used hierarchical analysis [8,10,11-13,17,19], which is a method in which each cluster is part of a larger cluster and they are all connected to each other like a tree (or dendrogram), whereby the number of clusters is determined by visual inspection [56]. Four studies [7,9,15,18] used k-means clustering, a method that splits the data into mutually exclusive clusters and in which the number of clusters needs to be specified in advance. Finally, two studies [6,16] used a

combination of hierarchical and k-means clustering, and one [14] used a combination of hierarchical and discriminant analysis, a technique that discriminates the categories of a dependent variable (e.g., symptoms) and evaluates the accuracy of this classification.

Missing values

We note that regardless of the method used, an important aspect of these cluster analysis approaches is the handling of missing values. Indeed, most of the reviewed studies failed to address this issue. Research tended to use non-missing data to form COPD clusters without considering which phenotypes might have been formed if patients with missing data had been included in the analysis or if only a portion of them had been excluded. Only two studies [6,15] considered alternative methods for assessing the impact of excluding patients on the formation of COPD phenotypes. Pikoula et al [6] performed a sensitivity analysis by excluding all patients with a diagnostic code for asthma and identified four clusters. Notably, the atopic cluster did not present a strong enough discriminant ability to form a separate cluster. Thus, atopic patients were categorized as belonging to either the anxiety/depression or the not-comorbid phenotype. Garcia-Aymerich [15] instead considered the use of multiple imputation when implementing the cluster analysis [57], allowing simulated values to replace the missing ones and thereby enabling the use of data from all patients.

Discussion

There are several implications of clinical and medical relevance in using machine learning methods to extract data from different sources, such as radiology, imaging or genetics, to identify clinically relevant COPD phenotypes. In sum, these include a better understanding of the natural history of the disease, the opportunity to more accurately identify high risk patient profiles, the prospect of early diagnosis and target treatments specific to certain phenotypes - along with the limitation of potentially adverse effects of unnecessary treatments, and the ability to make better and more precise predictions of treatment outcomes, thereby improving the prognosis of the disease and optimizing the use of health care resources.

Building on the evidence emerging from this review, we can identify several recommendations for future research using cluster analysis to identify COPD phenotypes; these are summarized in Table 6.

These strategies include the use of large samples to make clinically meaningful associations and the handling of missing data to assess the robustness of the results.

[Table 6 about here]

Moving forward, in keeping with Bourbeau et al. [58], we suggest that regardless of the clustering method chosen, COPD-derived phenotypes should be validated both internally and externally. This aspect is central because clustering methods are data-driven techniques, thus the derived clusters might be subject to spurious groupings.

As such, best practices in deriving COPD phenotypes include the utilization of prospective longitudinal data, which allows the assessment of variability and stability of features over time, as well as the use of cohorts from different settings to obtain the full spectrum of COPD phenotypes. The former recommendation implies carrying out large observational longitudinal cohort studies with at least a 3-year follow-up, as currently seen in the CALIBER [6] and ECLIPSE [24] studies. The latter proposal suggests using cohorts from different populations and settings to fully capture the heterogeneity of COPD. In this respect, we also envision the benefit of analysing cohorts including genetic information, such as COPDGene [7] or the UK Biobank database [59]. The immediate advantages of using such databases will be the opportunity to analytically and jointly assess patients' clinical characteristics (eg, lung functionality), comorbidities, and biomarker data to strengthen the robustness of the COPD phenotypes as well as to better understand the underlying biological mechanisms of the condition.

Ensuring clarity in the choice of variables used for identifying COPD phenotypes is another crucial recommendation for research using cluster analysis. This selection should always be evidence-based through experts' opinions and/or published works to avoid choosing variables that might not be clinically relevant [58]. At the same time, we recognize that this approach may lead to previously unidentified patient characteristics being overlooked. Thus, we suggest that a reasonable compromise moving forward would be to use available evidence alongside clustering analysis. As such, the combination of hierarchical, k-means clustering, and clinical judgment appears to be the most suitable approach to specify the correct number of clusters leading to the identification of novel COPD phenotypes.

Conclusions

This article reviewed research published in the last decade on COPD phenotypes identified using cluster analysis and validated with clinically meaningful outcomes. To the best of our knowledge, this is one of the first works addressing such a systematization of the COPD literature. Moreover, it puts forward key recommendations to improve the study design, variables selection, external validation, and handling of missing data of prospective studies.

Finally, we believe that future research should be tasked with further investigating COPD phenotype(s) whose characteristics have not yet been fully explored. For instance, the "fast decliner" phenotype [10,26,27], characterized by young patients with COPD with a fast decline in their lung function, as well as the cardiovascular comorbidity [6,13,25] characterized by differences in age, sex and high rates of hospital admission for AECOPD represent promising issues which are still largely unaddressed. Whichever the phenotype, we are hopeful that the insights presented here will soon enable research to better characterize additional patient determinants of COPD phenotypes and explore their association with responses to therapy while possibly developing more targeted treatments.

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SGRQ: St George's Respiratory Questionnaire; ු සි mMRC: Modified Medical Research Council; ouncil;

Table 6. Best practices recommended for the identification of clinically validated COPD phenotypes using clustering analysis **Table 6. Best practices recommended for the identification of clinically validated COPD phenotypes using clustering analysis**

