EFFECTIVENESS OF PURSED LIP BREATHING EXERCISE ON DYSPNOEA AMONG CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) PATIENTS.

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ABSTRACT
Chronic Obstructive Pulmonary Disease is a progressive disease condition strongly associated with dyspnoea and exercise limitation in activities of daily life. So far there is no cure for this disease only effort to alleviate the symptoms. It is therefore of great importance to define effective Pursed Lip Breathing technique to relieve symptoms and to motivate patients to exercise. The objectives of the study were to assess the pre and post-test dyspnoea score among chronic obstructive pulmonary disease (COPD) patients in experimental and control groups and also to evaluate the effectiveness of pursed-lip breathing on the level of dyspnoea. Quasi-experimental design, pretest-posttest non-equivalent control group design was adopted, 160 samples were diagnosed as COPD, and falls mild to moderate dyspnea. Data collected through demographic variables and dyspnoea scores by using Modified (UCSD) the University Of California, San Diego Shortness of Breath Questionnaire. 15-items were measured while performing a variety of activities of daily living. Pursed lip breathing exercises are given in the intervention program for 5 days and the Results concluded that chronic obstructive pulmonary disease (COPD) patients in experimental group overall p-value score (p<0.001) revealed highly significant differences in pre and post a comparison of reduction of dyspnoea score in the experimental and control group. Keywords: COPD, pursed-lip breathing exercises, dyspnoea.

Key Words: Pulmonary disease, Lip Breathing Exercise.

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