Comparison between balloon blowing exercise and incentive spirometry in patients with chest intubation after trauma

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Purpose of study: The purpose of this study was to compare the effectiveness of Balloon Blowing exercise and Incentive Spirometry in patients with chest intubation after trauma.

Methodology: This study was conducted in the Department of Surgery in Sheikh Zayed, Medical College and Hospital, from 1st September 2014 to 15th October 2014. It was a randomized controlled trial study. This study included 60 patients (30 in each group). Both groups were selected on the basis of chest trauma with chest intubation. A questionnaire which consisted of demographic (age and gender) data and measuring variables (Force vital capacity, forced expiratory volume in 1 second, oxygen saturation, respiration rate and chest expansion) was filled by the participants. Group 1 used incentive spirometry method and group 2 used balloon blowing exercise method.

Results: Concluded that the pre and post treatment differences are found statistically significant. The pre and post differences in incentive spirometry group and balloon blowing group found a significant improvement in breathlessness with the p-value 0.00 for FVC, FEV1, SPO2, RR and chest expansion. The post treatment differences between 2 groups are found statistically insignificant. The p-values for FVC, FEV1, SPO2, RR and chest expansion were 0.660, 1.00, 0.216, 0.927 and 0.636 respectively. Comparing these p-values at significance level 0.05 are insignificant.

Conclusion: The study implies that both incentive spirometry and balloon blowing exercise are equally effective.

Biography
Ali Rafaqat has completed his Bachelors degree in physiotherapy from Jinnah Post Graduate Medical Centre Karachi University and Post Professional Doctor of Physiotherapy studies from Isra University Islambad. Currently, he is pursuing his Masters in Health Management from Europian University of Lefke, North Cyprus, prior to this he worked as the Director of Rehabilitation Sciences in Comwave Institute of Sciences & IT, Islamabad, Pakistan. He has published papers in reputed journals and has been serving as an Editorial Board Member of reputed journals.

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