Effects of early exercise on health status and quality of life in hospitalized patients with chronic obstructive pulmonary disease

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Objectives: Early exercise can promote patients with acute exacerbation of chronic obstructive pulmonary disease (AECOPD) quickly return to a steady state. However, no previous studies have examined the effects of early Tai-Chi exercise on exercise tolerance and quality of life. The aim of this study was to examine effects of Tai Chi intervention on exercise tolerance and health-related quality of life in hospitalized patients with AECOPD.

Methods: A quasi-experimental study was conducted. A purposive sampling of 31 patients with AECOPD (experimental group, n=17 and control group, n=14) was selected from hospitals in two cities of Midwest Taiwan. The generalized estimating equations were used to examine the effects of Tai Chi training intervention.

Results: The experimental group had better exercise tolerance than control group (P=0.01) one week after discharge and (P=0.01) six months after discharge. The experimental group had better quality of life than control group (P=0.04) 3 months after discharge.

Conclusions: Early exercise with Tai Chi intervention during hospitalization can enhance exercise tolerance and health-related quality of life. The findings can be seen as references for professional healthcare providers to promote early exercise in the future.

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