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Effects of workout combination of the upper body parts with breathing exercise and chest physiotherapy towards quality of life and functional capacity in stable COPD patient

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COPD results in inability to perform daily activities, loss of productivity and decreased quality of life of the patient, all of which deteriorate along with the increased severity of the disease. The aim of this study is to look at the effects of upper body part training method on a combination of breathing exercises and chest physiotherapy towards functional capacity and quality of life of COPD patients by assessing the 6 minute walk test and CAT questionnaire (COPD Assessment Test). Chest physiotherapy and upper body workout with the combination of breathing exercises were done to patients with COPD GOLD III-IV with or without comorbid for 8 times with the frequency 2 times a week for a month. Spirometry test, CAT interview questionnaires and 6 minute walk test were performed before and after the research. The subjects were given 4 puffs of salbutamol inhaler by using MDI with spacer each time before performing any test. Of all 27 patients, 22 patients completed the program and 5 patients dropped out. A significant increase was found ($p < 0.001$) in the quality of life of patients where the mean of CAT score pre-intervention was 23.91 ± 5.50 and post-intervention was 18.32 ± 5.21 . A significant increase was also found in functional capacity ($p < 0.001$) with the average mileage pre-intervention was 277.30 ± 80.78 m rising to 319.11 ± 78.30 m. There was an increase in the quality of life and functional capacity in patients with COPD who underwent chest physiotherapy and upper body part workout with the combination of breathing exercises.

Biography

Amira Permatasari Tarigan has completed her Doctor Program from University of North Sumatera. She is a Lecturer of Asthma and COPD at Department of Pulmonology and Respiratory Medicine in Medical Faculty, University of North Sumatera. She works at University of North Sumatera Hospital as a Pulmonologist.

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