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Knowledge regarding deep breathing exercises among COPD patients in NMCH, Nellore

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Abstract
Chronic obstructive pulmonary disease is an chronic inflammatory lung disease that causes obstructed airflow from the lungs. Effective deep breathing exercises can alleviate the troublesome symptoms and there by improve the lung function. The present cross sectional study was conducted to assess the knowledge regarding deep breathing exercises among COPD patients.30 COPD patients were selected by using the no probability convenience sampling technique. Structured questionnaire was used to collect data from the subjects. Data was analyzed by using descriptive and inferential statistics interpreted in terms of objectives. The study findings explored that 2(6.66%) COPD Patients had adequate knowledge, 15(50%) had moderately adequate knowledge and remaining 13(26%) had inadequate knowledge regarding deep breathing exercises. The study concluded that majority COPD patients have inadequate knowledge regarding deep breathing exercises. Hence there is need to provide effective health education and video assisted teaching to the COPD patients for better prognosis.

Keywords: knowledge, deep breathing exercises, COPD patient

Introduction

Chronic obstructive pulmonary disease is a lung disorder that can leave people breathless, fatigued. Breathing exercise is therapeutic exercises aimed to deep inspiration or expiration or even to alter the rate and rhythm of respiration. Breathing exercises help entire lung and keep chest muscles active. They allow to get more oxygen with each breath and to breathe with less effort. Breathing exercises also can reduce symptoms caused by anxiety and stress. Anxiety and stress increase the heart and breathing rates and increase the body's demand for oxygen.

Objectives

- To assess the level of knowledge regarding deep breathing exercise among COPD patient.
- To find out the association between level of knowledge regarding deep breathing

Materials and Methods

The present cross sectional descriptive study was conducted in pulmonolgy ward at Narayana medical college hospital. 30 COPD patients were selected by using the non probability convenience sampling technique. Structured questionnaire was used for assessing the Knowledge on deep breathing exercises the data was analyzed in terms of objectives of the study by using descriptive and inferential statistics.

Results

Section–I: Frequency and percentage distribution of level of knowledge among asmathatic patient
The socio demographic variables in context to ag8 (26.67%) are between the age group of 31-40 years, in context to gender 23 (76.6%) are males, in view to religion 29 (76.67%) belongs to hindu,in context to educational qualification 22 (73.34%) completed primary education and in association to occupation 22(73.3%) are working as coolie.

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Section–II: Frequency and percentage distribution of level of knowledge regarding deep breathing exercises among COPD patients

Level of knowledge	Patients	
	Frequency (f)	Percentage (%)
Adequate knowledge	2	6.66
Moderately adequate knowledge	15	50
Inadequate knowledge	13	43.34
Total	30	100

Section-III: Comparison of mean and standard deviation of knowledge regarding deep breathing exercises among COPD patients

Sample	Mean	Standard deviation
Patients	13.867	5.848

Section-IV: Association between level of knowledge and socio demographic variables of COPD patients.
There is a association between the assess the knowledge and socio demographic variables that are significant is education, income and occupation. Others are shows non significant.

Conclusion
The findings of the study concludes that majority of the deep breathing exercise among asthmatic patients have moderately adequate knowledge. The study indicates that there is need for education to patient regarding deep breathing exercise.

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