

6th International Conference on

CHRONIC OBSTRUCTIVE PULMONARY DISEASE

May 17-18, 2018 Tokyo, Japan

Effects of early exercise on health status and quality of life in hospitalized patients with chronic obstructive pulmonary disease**Guo, Su-Er and Hsuen-Chen Shen**

Chang Gung University of Science and Technology, Taiwan

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.

seguo@mail.cgust.edu.tw