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“A systematic review and meta-analysis of effectiveness of progressive muscle relaxation and breathing exercises on stress and blood pressure of patients with Hypertension”

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Background and aims: Health is the most important asset of a human being. Diseases and disability affect human beings and cause mortality and morbidity. The trend of diseases has changed with major onus on non-communicable diseases being the threat to global health today. One of the most common and deadly NCD is hypertension. It is a well known fact that Relaxation therapies like progressive muscle relaxation are popular complementary therapies recommended in hypertension are backed by plenty of research in the field related to their efficacy and impact. This therapy has the efficacy to lower blood pressure, heart rate, respiratory rate as well as stress, anxiety and depression in patients with hypertension. The aim of present research was to estimate the efficacy of PMR in lowering the stress and BP of patients with hypertension. It is hoped that such a research will strengthen the value of these therapies, critically examine the quality of present research and aid health professionals in guiding the patients in the use of PMR

Methodology: A systematic literature search and analysis was undertaken utilising a meta-analysis approach.

Results: A comprehensive electronic and manual search with a broad strategy yielded a total of 90,000 potential articles. Following the implementation of the inclusion and exclusion criteria a total of 8 studies, including were included in the analysis. Data were extracted and studies were assessed for methodological quality. It was seen that the PMR was effective in reducing Stress and systolic BP as compared to control but for diastolic BP the differences were not significant.

Conclusions: The findings suggest that PMR had a positive and significant effect on Stress and Systolic BP of hypertensive individuals.

Biography

Rohini Sharma Bhardwaj, She is currently Assistant Professor at School of Health Sciences, IGNOU and also a Doctoral Scholar at the same department.

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