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The survey on adherence rate of breathing exercises in patients with chronic obstructive pulmonary disease

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Background: Chronic obstructive pulmonary disease is one of the highest causes of death in the world. Compliance with breathing exercises is a key in disease management.

Objective: To determine patient adherence with breathing exercises and predictors of adherence in patients with chronic obstructive pulmonary disease.

Methods: A cross-sectional descriptive study was performed on 100 patients with chronic obstructive pulmonary disease indicated in the general department of the Tay Nguyen regional general Hospital and District 11 Hospital in 4 months from December 2020 to April 2021.

Results: The percentage of patients who adherence to breathing exercise was determined to be very low 16%. The results have many predictive factors for this breathing practice adherence rate and are statistically significant such as Education level ($p = 0.034$), occupation ($p = 0.000$), time of disease ($p = 0.044$). Adherence and quality of life were statistically significant ($p = 0.000$).

Conclusions: The adherence rate of breathing exercise in patients with chronic obstructive pulmonary disease is 16%. There are three groups of factors that predict adherence rates, namely education level, occupation, and duration of illness.

Keywords: Adherence, breathing exercises, chronic obstructive pulmonary .

Biography

Le Thi Thao graduated with a major in Nursing from Tay Nguyen University. Currently working at the Department of Nursing, Faculty of Medicine and Pharmacy, Tay Nguyen University. I am also studying for a master's degree in Nursing at the University of Medicine and Pharmacy in Ho Chi Minh City. In the context of the complicated development of the Covid-19 epidemic, the prevention of non-communicable diseases is an issue that needs attention. My colleagues and I are focusing on researching and supporting the best care for these subjects.

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