Effectiveness of Nursing Interventions in Relation to Pulmonary Rehabilitation on Knowledge, Attitude, Pulmonary Function Measures, Exercise Capacity and Health Related Quality of Life of Patients with COPD, in Selected Hospital of Hyderabad, Telangana state

Ms.K.Tryphena Sheeba

ABSTRACT

Chronic obstructive pulmonary disease, characterized by airflow limitation that is not fully reversible is about to be the 3rd leading cause of death by 2020. India itself has 20% of World’s total COPD patients. Keeping this in view, researcher conducted a study to develop and evaluate the effectiveness of nursing Intervention in relation to pulmonary rehabilitation on knowledge, attitude, pulmonary function measures, exercise capacity (6MWD)and HRQOL of COPD patients.

Pre experimental one group pre-testpost-test design was adopted for this study. A total of 100 COPD patients were selected using purposive sampling technique. The duration of the study was for four weeks.

Pre-test was conducted on knowledge, attitude, pulmonary function measures, exercise capacity and HRQOL and health education was given regarding COPD and its management, followed by demonstration on breathing exercise and physical exercises at the end of the four week’s post tests were conducted. The present study findings revealed that there was a statistically significant improvement in knowledge, pulmonary function measure, exercise capacity and HRQOL in the post test but there was no change in the attitude of COPD patients. There was a positive significant correlation between knowledge and HRQOL. No significant relationship was sought between knowledge, attitude, pulmonary function measure and 6MWD and HRQOL except knowledge with HRQOL. There was significant association between age and 6MWD and between education and HRQOL of COPD patients. No significant association between knowledge, attitude and pulmonary function measures and COPD patient’s age, income, explosive to pollution, duration of illness, number of hospitalization and family history of COPD.
Findings of the study imply to empower nurses with in-service education on pulmonary rehabilitation, prepare and provide a manual on pulmonary rehabilitation in the wards and critical care units for nurses ready reference to educate COPD patients.