



▼ POST GRADUATES ABSTRACTS

PG - 88 : THE EFFECTIVENESS OF BUTEYKO BREATHING EXERCISE (BBE) ON RESPIRATORY OUTCOME AMONG CHILDREN WITH BRONCHIAL ASTHMA ADMITTED IN PAEDIATRIC UNIT OF MGMC&RI, PUDUCHERRY.

G.Priyalatha, II year, M.Sc Nursing,

Department of OBG Nursing,

Kasturba Gandhi Nursing College, Puducherry

Background: Children are the gift and “Nation’s supremely important asset” to their family and society. Respiratory infections and allergies are common in children and responsible for disruptions in family life and school absenteeism. Bronchial Asthma is a chronic inflammatory disorder of the airway associated with increased airway hyper-responsiveness, recurrent episodes of wheezing, breathlessness, chest tightness and coughing particularly at night and early morning. Asthma affects academic performance and social life in children. Asthma ranks 22(15.1) in worldwide as (DALYs) Disability adjusted life years (WHO 2015). The Buteyko Breathing Exercise (BBE) helps to reduce hyper-inflation through nasal breathing known as “slow breathing” or reduced breathing and helps in reducing the symptoms of Bronchial asthma. The main aim of this study was to assess the effectiveness of Buteyko Breathing Exercise (BBE) on respiratory outcome among children with Bronchial asthma.

Materials and methods: Quantitative research approach with quasi experimental non-equivalent control group pre-test and post-test design was adopted for the study. The sample of the study was 70 children with the age group of 6-12 years admitted with Bronchial asthma at Paediatric unit of MGMC&RI were selected by using Non-probability purposive sampling method. The Group A (n=35) was treated

with Buteyko Breathing Exercise(BBE) 2 times a day for 5 consecutive days and group B(n=35) was treated with routine nursing care. Respiratory outcomes of respiratory rate, wheezing, use of accessory muscle, oxygen saturation, peak expiratory flow rate, breathe holding time were assessed on 1st and 5th day for both the groups.

Result: When comparing the effectiveness of Buteyko Breathing Exercise(BBE) between group A and group B, Group A (Buteyko Breathing Exercise) exhibited an improvement in respiratory outcome and reduction of asthma symptoms than the Group B as per Wilcoxon test, which was statistically significant at $p < 0.001$ level.

Conclusion: Buteyko Breathing Exercise(BBE) is a series of reduced breathing exercise that is cost effective adjunct intervention in reducing the symptoms of Bronchial asthma among school children. This statement is supported by the results of the study which showed a significant improvement in respiratory outcome and promoting a better quality of life among children with Bronchial asthma.

Keywords: Effectiveness, Buteyko Breathing Exercise(BBE), Bronchial asthma, Respiratory outcome, Children.