



▼ FACULTY ABSTRACTS

F - 04 : AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF ABDOMINAL BREATHING EXERCISE ON REGULATION OF BLOOD PRESSURE AMONG PATIENTS WITH HYPERTENSION RESIDING AT PILLAIYARKUPPAM, PUDUCHERRY.

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Background: Hypertension is reported to be the fourth reason of early death in developed countries and the seventh in developing countries. Treatment for hypertension includes lifestyle modifications and drug therapy. Since the antihypertensive drugs have many side effects and non-compliance. There is need to use some alternative treatment to manage hypertension. The research design chosen for this study was Quasi Experimental research design conducted among 60 samples residing at Pillaiyarkuppam, Puducherry.

Objective: To assess the level of blood pressure among patient with hypertension. To evaluate the effectiveness of abdominal breathing exercise among patient with hypertension. To find out the association of level of blood pressure with selected demographic variable.

Methodology: Sixty hypertensive subjects were selected (30 subjects each in experimental and control group). Experimental group had done abdominal breathing exercise twice daily for continuous 10 days. The socio-demographic and clinical data of the

patient was collected by structured questionnaire and assessment of blood pressure using sphygmomanometer and stethoscope.

Results showed that in experimental group the mean value of the systolic blood pressure during pre and post test was 141.07 and 124.33, the mean value of the diastolic blood pressure during pre and post test was 89 and 79.5, the mean arterial pressure value during pre and post test was 106.36 and 94.44. There was significant reduction in blood pressure in experimental group.

Conclusion: The study showed that there was no significant association between blood pressure and selected demographic variables of hypertensive patients. Abdominal breathing exercise is an effective complementary therapy in reducing blood pressure among hypertensive patients.

Key Words: Hypertension, Abdominal Breathing Exercise, Blood Pressure.