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### Effect of Acupressure versus Pursed Lip Breathing Techniques on Physiological Parameter and Dyspnea Grade among COPD Patient

#### Tahani Ali Salem Maharem

Assistant professor at nursing department, Faculty of applied medical science, Al Baha university, Kingdom of Saudi Arabia "KSA"

#### Abstract

**Background:** Chronic obstructive pulmonary disease COPD is a leading cause of morbidity and mortality worldwide. Dyspnea has considered the most common health problem among COPD patients, non-pharmacological management of dyspnea decreases its grade.

**Aim:** to evaluate effect of acupressure versus pursed lip breathing techniques on physiological parameter and dyspnea grade among COPD patient.

**Design:** A quasi-experimental design was utilized. Sample: It included 80 adult patients and divided into two groups as a group (1) acupressure group (n=40) and group (2) pursed-lip breathing (n=40).

**Setting:** the study was conducted at the chest unit Alexandria main university hospital. Tools of data

**Collection:** Three tools were utilized to collect data included (1) socio-demographic datasheet, (2) Modified medical research council scale MMRC sheet, and (3) physiological parameter sheet

**Results:** there was a decrease in dyspnea grade post-pursed-lip breathing group more than acupressure group and there was a statistically significant difference between two groups about dyspnea by the end of the 4th week and respiratory rate & oxygen saturation.

**Conclusion:** pursed-lip breathing was effective therapy to improve dyspnea, physiological parameter and oxygen saturation. while acupressure has a minimal significant effect on dyspnea grade.

**Recommendation:** Prospective study should be designed to determine the stability of the effect of acupressure to control dyspnea.

**Keywords:** acupressure, COPD, Pursed lip breathing, dyspnea, obstructive pulmonary disease.

#### Biography

Since 2020 I have been working as assistant professor at nursing department, faculty of applied medical science, Al Baha university, Kingdom of Saudi Arabia "KSA". As I have been working for more than 15 years as a clinical instructor at department of medical surgical nursing, faculty of nursing, Alexandria university ,Egypt, I have got my own really experience in that field of: " Clinical training of medical surgical nursing ". All over 6 years of working as a member of pulmonary rehabilitation team at the department of chest diseases in the main university hospital , Alexandria ,Egypt ,I earned my PhD years in the field of pulmonology nursing. Few years ago I engaged in scientific research papers about respiratory diseases such as: Chronic obstructive pulmonary disease and Covid -19 .