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Impact of Upper, Lower limb exercise, and combined exercises on Prognostic index body mass index, obstruction degree, dyspnea, and exercise (BODE) for Chronic obstructive pulmonary disease patients.

Background:

In COPD patients, there are disparities in morphological and functional adaptations between the upper limb (UL) and lower limb (LL) muscles.

Objective:

The aim was to evaluate the impact of upper limb exercise, lower limb exercise, and combined exercises on prognostic index body mass index, obstruction degree, dyspnea, and exercise (BODE) for Chronic obstructive pulmonary disease (COPD) patients.

Method:

A Quasi-experimental research design was utilized to meet the aim of the present study. Setting: The present study was conducted at the chest inpatient unit of Alexandria Main University Hospital. Subjects: A convenient sample technique of 60 patients with COPD category D and C divided into 3 groups (upper limb group, lower limb, and combined group) was selected.

Results:

The study result revealed that there was a significant difference in reducing the weight and BMI between pre and post-exercise intervention in upper and combined groups. A significant decrease of the modified medical research council scale was found between the pre and post-intervention in combined group treatment. A significant decrease in the six minutes distance walking test and pulmonary function test between the pre and post-treatment in the combined treatment group.

Conclusion:

The current study concluded that UL and LL exercise training for COPD patients resulted in clinically significant weight and BMI reductions, improved exercise tolerance, and a lower risk of death as determined by the BODE index, all without affecting pulmonary function. A significant decrease in the score of the BODE index was observed in the training groups than in the control group.

Keywords: Upper limb exercise, Lower limb exercise, Prognostic index (BODE), COPD patients.

Biography:

Tahani Ali Salem Maharem, Assistant Professor/ Nursing Department /Applied Medical Science Faculty Al Baha University Saudi Arabiasince 2020.Tahani Ali Salem Maharem PhD Pulmonology Nursing Alexandria University Egypt 2015.

Member of Pulmonary rehabilitation team at Chest Disease Department at Main university Hospital Alexandria university Egypt since 2014.

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