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**Effects of early exercise on health status and quality of life in hospitalized patients with Chronic Obstructive Pulmonary Disease****Su-Er Guo and Hsuen Chen Shen**

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**Background & Aim:** Early exercise can promote patients with acute exacerbation of Chronic Obstructive Pulmonary Disease (AECOPD) quickly return to a steady state. However, no previous studies have examined the effects of early Tai Chi exercise on exercise tolerance and quality of life. The aim of this study was to examine effects of Tai Chi intervention on exercise tolerance and health-related quality of life in hospitalized patients with AECOPD.

**Method:** A quasi-experimental study was conducted. A purposive sampling of 31 patients with AECOPD (experimental group, n=17 and control group, n=14) was selected from hospitals in two cities of Midwest Taiwan. The generalized estimating equations were used to examine the effects of Tai Chi training intervention.

**Result:** The experimental group had better exercise tolerance than control group ( $P=0.01$ ), one week after discharge and ( $P=0.01$ ) six months after discharge. The experimental group had better quality of life than control group ( $P=0.04$ ) 3-months after discharge.

**Conclusion:** Early exercise with Tai Chi intervention during hospitalization can enhance exercise tolerance and health-related quality of life. The findings can be considered as references for professional healthcare providers to promote early exercise in the future.

**Biography**

Su-Er Guo currently works at the College of Nursing, Chang Gung University of Science and Technology. Su-Er does research in Allied Health Science and Medicine.

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