

12<sup>th</sup> World Congress on

## INDUSTRIAL HEALTH, HEALTHCARE AND MEDICAL TOURISM

October 16-17, 2017 Dubai, UAE

**Effectiveness of breathing exercises as therapeutic play on respiratory status among children undergoing nebulization therapy with lower respiratory tract disorders****Shally, Yogesh Kumar and Parvinder Kaur**  
Maharishi Markandeshwar University, India

**Introduction:** Lower respiratory infections are leading factor for death in children in developing countries resulting in nearly about 1.9 million child deaths per year, out of which 20% are estimated to occur in India. Lower respiratory infections mainly include Asthma, Bronchiolitis and Pneumonia which is the root cause of infection and death in children universally.

**Aims & Objectives:** The aim of the study is to assess the effectiveness of breathing exercises as therapeutic play among children undergoing nebulization therapy with lower respiratory tract disorders. The conceptual framework of the study was based on Pender's Health Promotion Model (Individual characteristics, behavior specific cognition and affect and behavior outcome).

**Methodology & Theoretical Orientation:** The research adopted for the study was quasi-experimental and design was non-equivalent control group pre-test post-test design. The study was conducted at two hospitals of Ambala, Haryana. A total 60 children with lower respiratory tract disorders who were in the age group of 5-18 years were selected by using purposive sampling technique. The Modified Clinical Respiratory score tool was used for the study consisted of respiratory rate, auscultation, use of accessory muscles, mental status, SpO<sub>2</sub> on room air, skin color. Data collection was done in December and January 2017. Descriptive and inferential statistics were used to analyze the data.

**Findings:** The major findings revealed that the mean respiratory status in experimental group improved significantly from pre-intervention (8.33±2.84) to post-intervention 3<sup>rd</sup> (3.30±1.26) as compared to comparison group in which mean respiratory status in pre-intervention (8.23±2.45) and post-intervention 3<sup>rd</sup> (5.46±1.40). The computed t value in post-intervention 1<sup>st</sup> (t=1.17, p=0.24), in post-intervention 2<sup>nd</sup> (t=2.47, p=0.01) and in post-intervention 3<sup>rd</sup> (t=6.27, p=0.001), which was found to be significant in post-intervention 2<sup>nd</sup> and post-intervention 3<sup>rd</sup> at 0.05 level of significance.

**Conclusion & Significance:** It was concluded from the study that breathing exercises along with nebulization therapy is an effective technique to improve the respiratory status among children.

**References**

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**Biography**

Shally is currently an MSc Nursing student, conducted research project in the fulfillment of her Master's degree in Child Health Nursing. Her open and new constructivist ideas help in improving the health status. She is also a Member of National Neonatal Forum.

shallychaudhary2@gmail.com