

ABSTRACT:

Asthma is a chronic condition whose symptoms are attacks of wheezing, breathlessness, chest tightness, and coughing. There is no cure for asthma, but most people can control the condition and lead normal, active lives. Different things set off asthma attacks in different people. Smoke from cigarettes or a fire, air pollution, cold air, pollen, animals, house dust, molds, strong smells such as perfume or bus exhaust, wood dust, exercise, industrial chemicals—all can trigger an attack. Meditation is a self-directed practice for relaxing the body and calming the mind. Regular meditation can increase longevity and quality of life, as well as relieve anxiety and stress.

STATEMENT OF PROBLEM:

'Effectiveness of selected relaxation techniques on the selected physiological parameters of patients diagnosed with Bronchial Asthma in a selected hospital of Mumbai'.

OBJECTIVES OF THE STUDY:

1. To assess the physiological response before and after use of selected relaxation techniques.
2. To compare the effects of relaxation techniques among the groups.
3. To correlate the results of the study with the selected demographic variables.

HYPOTHESIS:

H0:- There will be no significant changes in the physiological parameters of the patients with Bronchial Asthma who have undergone relaxation techniques.

RESEARCH METHODOLOGY:

Quasi experimental with comparative evaluatory approach with experimental-control group pretest posttest design was used.

The study was conducted in a well known state Govt. Hospital of Mumbai i.e Sir J.J. Hospital. Non probability convenience sampling technique was used. The total size of forty patients were selected with the use of selection criteria (twenty in control group and twenty in study group).

TOOL PREPARATION AND TECHNIQUE:

TOOL I: Demographics data.
It consisted of data related to personal and disease condition of patients i.e. age, sex, education, occupation, severity of asthma, the allergic factors, seasonal attacks and hospitalization.

TOOL II: Assessment of pulse and respiratory rate.
It consisted of physiological response of the patients to the relaxation technique. It included the assessment of parameters i.e. pulse rate and respiratory rate.

TOOL III: Assessment of self inventory report.
The self inventory report of the patients, included parameters such as dyspnoea, wheezing and cough and general well being of the patients.

VALIDITY AND RELIABILITY:

Various experts from various field, i.e. three experts in chest medicine and seven from nursing field validated the tool. As the pulse rate and respiratory rate would vary as well as the self inventory report was subjective it was not assessed for reliability.

PILOT STUDY:

A pilot study was conducted on four patients to ensure the feasibility of the tools, research methodology and practicability of the research.

The following change was incorporated in the tool II. The physiological parameter i.e. blood pressure was omitted as it was not significant to the asthma.
DATA COLLECTION:

Data collection started on 2nd March 2009 and ended on 31st March 2009. Twenty patients were selected in the study group and twenty in the control group. Patients were selected according to the selection criteria. Consent for the study was obtained. The relaxation technique was taught to the study group and the physical parameters (pulse, respiration, wheeze dyspnea and cough) of both the groups were assessed by the investigator before and on the 3rd, 7th and 10th day. The data was analysed and presented in the form of tables and graphs.

SIGNIFICANT FINDINGS:

DEMOGRAPHIC DATA:

More than forty percentages in the study group were below fifty nine years. Though female were only forty percent but housewives were the largest in the number. Individuals with the primary and secondary education formed the major part of the study i.e. seventy percent. Individual in the study group who were diagnosed as asthmatics for less than six years were seventy percent, while rest were diagnosed for more than six years and less than ten years. Most of the individuals were allergic to some substance or the other and all sixty five percent were allergic to dust and thirty percent to chemicals.

Pulse Rate:

Pulse rate showed significant difference between the study group the control group on the 10th day at 95% level i.e. p 0.05. A significant decrease between the baseline, and the 7th and 10th day measurements in the study group.

Respiratory Rate:

There was a significant reduction in the respiratory rate of the study group right from day 3, whereas in the control group there was increase in the respiratory rate on the 10th day. A significant difference was observed between the study group and the control group on the 10th day at 95% level.

The findings of the study did not correlate with the demographic data i.e. age, sex and education.

SELF INVENTORY REPORT ANALYSIS:

The following results were seen in the study group by the 10th day as compared to the control group. There was a decrease in the breathlessness, frequency and duration of the breathlessness in the study group. Sweating and wheezing was reduced to twenty and thirty five percent in the study group respectively. Only thirty percent experienced mucoid cough and five percent experienced dry cough on the 10th day. Patients in the study group experienced increase in their appetite and sleep. Activities of daily living were carried out independently by the patients in study group and they even attended their daily work without interference or assistance.

CONCLUSION:

The result findings of the study clearly shows that relaxation technique has a positive effect on the selected physiological parameters of patients with bronchial asthma.

REFERENCES:

4. Times of India. Asthma on a rise in India; 5th May 2004 pg no 4.