

# RESPIRATORY TRAININGS WITH POSITIVE END-EXPIRATORY PRESSURE AND LIFE QUALITY OF ELDERLY PATIENTS WITH COPD

*E. O. Asanov, I. A. Dyba, S. O. Asanova*

**Abstract.** Assessment of the quality of life allows individualizing treatment measures and increasing treatment efficacy. The chronic obstructive pulmonary disease (COPD) decreases the functional pulmonary capacities and worsens the quality of life. The possibilities of drug therapy in old age are limited and, therefore, our work aimed to evaluate effects of respiratory trainings, using PEEP (positive end-expiratory pressure), on the life quality of the elderly patients with COPD. Forty patients suffering from COPD were examined. Of them, 26 persons were given real respiratory trainings with PEEP and 14 patients received imitated respiratory trainings. Each training course had 10 daily sessions. Each session included 15-minute breathing with PEEP 5 cm H<sub>2</sub>O. The life quality was assessed using the EuroQol-5D questionnaire, visual analogue health scale and the specific St. George's respiratory questionnaire. After the respiratory training course with PEEP we observed the increase of physical activity of patients, the improvement of disease symptomatic as well as social-psychological status and subjective health self-assessment. The disease stage and clinical group had no impact on the effectiveness of breathing trainings with PEEP in elderly patients with COPD. Summing up, the respiratory trainings with PEEP can be the effective and safe method for improving life quality of elderly patients with COPD.

**Key words:** quality of life, COPD, aging, respiratory trainings with PEEP.

*Ervin Asanov*

*Doct Med Sci, Principal scientific researcher, department of clinical physiology and pathology of internal organs,  
State Institute "Institute Gerontology named be D. F. Chebotarev NAMS of Ukraine»*

*e-mail: eoasanov@ukr.net*