

PULMONARY REHABILITATION FOR PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE

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Abstract

Pulmonary rehabilitation (PR) plays an important role in treatment of patients with COPD, due to its effect on pulmonary function parameters and extrapulmonary manifestations. The purpose of PR is to correct the ventilation disorder, depression, reduced nutritional status, resulting in patients with COPD due to chronic hypoxia and systemic inflammation. PR involves several steps: evaluation of the patient, patient education, measures to correct body mass physical training the program, psychological support. Depending on the type of disease (bronchitic or emphysematous) PR focuses on different aspects. In bronchitic type of COPD rehabilitation, primarily include active exercise. In emphysematous type of COPD the goal is to improve mobility of the chest, maintaining correct posture, teaching proper breathing with prolonged exhalation, increased diaphragm excursion. PR should be applied at all stages of the disease, starting at the stationary phase and continuing during the outpatient and home care. Duration of exercise should be no more than 30 minutes 3–5 times a week for 8–12 weeks. So, PR is important in the complex treatment of patients with all stages and clinical forms of COPD. Both clinical course and psychological condition of a patient completely depend on timely and effectively performed PR program.

Key words: chronic obstructive pulmonary disease, pulmonary rehabilitation, methodology.

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