

HALOAEROSOL THERAPY IN REHABILITATIVE TREATMENT OF CHILDREN WITH RECURRENT BRONCHITIS

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Abstract

Aim: to study the effectiveness of high-intensity haloaerosol therapy (HAT) in children with recurrent bronchitis (RB).

Materials and methods. There were enrolled 42 children with RB, 6–11 years old, and 15 healthy children (control group). Complex examination included clinical data monitoring, spirometry, non-specific defense and cellular immunity tests.

Children underwent the course of rehabilitative treatment, which included two medical complexes (MC). MC-1 consisted of 18 sessions of high-intensity HAT (up to 40 mg/m³ of haloaerosol concentration), lasting 30 minutes each. MC-2 provided a shortened HAT course (13 seances), combined with the use of singlet-oxygen therapy (12 seances) and an additional vibro-acoustical chest physiotherapy (10 seances).

Results. Residual clinical signs of inflammation remained in children with RB in post-exacerbation period of the disease. They were accompanied with mild disorders of ventilation and changes in immunological parameters, determining the necessity of rehabilitative treatment. Treatment with high-intensity HAT relived residual symptoms of the disease, improved lung ventilation and immunity. The reduced HAT course was possible in case of additional use of singlet-oxygen therapy and vibro-acoustical physiotherapy. This was proved by normalization of the majority of studied parameters.

Conclusion. The use of high-intensity HAT in children with RB was justified by elimination of residual symptoms of bronchi inflammation and complete immunorehabilitation.

Key words: children, recurrent bronchitis, haloaerosol therapy, rehabilitative treatment.

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