

عنوان مقاله:

Introducing a self-care training program with home-based followup nurse for COPD patients and its effectiveness on pulmonary function tests

محل انتشار:

اولین کنفرانس بین المللی سلامت، بهداشت و آموزش (سال: 1403)

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خلاصه مقاله:

**Introduction:** Self-care education is one of the standards of care in the patients with chronic obstructive pulmonary disease (COPD). Implementation of home-based education and follow-up programs are among the professional duties of nurses and a part of community based care in chronic patients. Aim is to determine the effectiveness of a nurse-led self-care education program with home-based telephone follow-ups on pulmonary function of COPD patients. **Methods and Material:** This quasi-experimental was done on COPD patients, who were consecutively referred to the respiratory outpatient clinic of a university hospital in Isfahan between. Participants randomly allocated to control (n=36) and intervention (n=40) groups. After ensuring the homogeneity of two groups, a self-care education program was held in intervention group according to a training manual and clients' needs assessment, once face-to-face with at least 3 weekly telephone calls and follow-ups. Usual medical follow-up and treatment continued in both groups. Each subject evaluated for respiratory function (SPO<sub>2</sub> and FEV<sub>1</sub>/FVC) prior to entering to study and 3 months later. Independent t-test, paired t-test and Chi-square test through SPSS 18 software. **Results:** At the beginning, mean SPO<sub>2</sub> (89.3±5 in intervention and 88.7±5 in control) and also mean FEV<sub>1</sub>/FVC (72.9±15 in intervention and 71.8±12 in control) showed no significant difference (P>0.05). Three months after beginning the study, mean changes of the SPO<sub>2</sub> in the intervention group (3.02±2.5) was significantly different from the control group (0.55±6.3). But about FEV<sub>1</sub>/FVC, despite positive significant changes in both groups (P<0.03), there were no significant differences between two groups (7.1±20 in intervention and 8.7±17 in control) (P>0.05). **Conclusions:** Improvement of the oxygenation of the intervention group could be due to the intervention and better pulmonary function on FEV<sub>1</sub>/FVC of both groups after intervention can be due to treatment measures under the supervision of specialists. Continuing research with a longer follow-up period is recommended to assess re-hospitalization and cost effectiveness of the study on other outpatient services.

کلمات کلیدی:

Self-care education, telephone follow-up, chronic obstructive pulmonary disease (COPD), pulmonary function tests, nurse's role, Follow-up nurse

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