

4<sup>th</sup> World Congress on

# Public Health, Epidemiology & Nutrition

May 24-25, 2018 Osaka, Japan

## Effects of early exercise on health status and quality of life in hospitalized patients with Chronic Obstructive Pulmonary Disease

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**Background & Aim:** Early exercise can promote patients with acute exacerbation of Chronic Obstructive Pulmonary Disease (AECOPD) quickly return to a steady state. However, no previous studies have examined the effects of early Tai Chi exercise on exercise tolerance and quality of life. The aim of this study was to examine the effects of Tai Chi intervention on exercise tolerance and health-related quality of life in hospitalized patients with AECOPD.

**Method:** A quasi-experimental study was conducted. A purposive sampling of 31 patients with AECOPD (experimental group, n=17 and control group, n=14) was selected from hospitals in two cities of Midwest Taiwan. The generalized estimating equations were used to examine the effects of Tai Chi training intervention.

**Result:** The experimental group had better exercise tolerance than control group ( $P=0.01$ ), one week earlier discharge and ( $P=0.01$ ) six months earlier discharge. The experimental group had better quality of life than control group ( $P=0.04$ ) 3-months earlier discharge.

**Conclusion:** Early exercise with Tai Chi intervention during hospitalization can enhance exercise tolerance and health-related quality of life. The findings can be considered as references for professional healthcare providers to promote early exercise in the future.

### Biography

Su-Er Guo currently works at the College of Nursing, Chang Gung University of Science and Technology. Su-Er does research in Allied Health Science and Medicine.

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