

Thesis Title	The Effects of a Pulmonary Rehabilitation and Yoga Practice Program Using Self-Efficacy Promoting Strategies in Persons with Chronic Obstructive Pulmonary Disease.
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#### **Abstract**

This study used a quasi-experimental research design aimed at examining the effects of a pulmonary rehabilitation and yoga practice program on perceived self-efficacy regarding dyspnea control, exercise tolerance, dyspnea, and lung function of persons with chronic obstructive pulmonary disease (COPD). The sample consisted 48 persons with COPD in two community hospitals in Nakhonratchasima Province. The samples were randomized into experimental and comparison groups. The experimental group received a pulmonary rehabilitation program in combination with yoga using Self-Efficacy Theory as a conceptual framework. whereas the comparison group only participated in pulmonary rehabilitation program. This study was undertaken from January to March 2009. The tools used were a self-efficacy assessment tool regarding dyspnea control, the Dyspnea Visual Analogue Scale (DVAS), an exercise tolerance test, and a lung function test. Descriptive statistics, T test, repeated measures ANOVA, Mann-Whitney U test. and the Wilcoxon signed rank test were used to analyze all of the data obtained.

The results indicated that the experimental group significantly improved perceived self-efficacy regarding dyspnea control, exercise tolerance, lung function

tests ( $FEV_1$  and FVC) and decreased dyspnea over the comparison group ( $p < .001$ ;  $p < .001$ ;  $p < .05$ ). The method and time of rehabilitation significantly influenced perceived self-efficacy regarding dyspnea control, exercise tolerance, and lung functions in persons with COPD ( $F = 7.409$ ,  $p < .01$ ;  $F = 3.315$ ,  $p < .05$ ;  $F = 8.246$ ,  $p < .01$ ;  $F = 1.771$ ,  $p < .05$ ). Additionally, pulmonary rehabilitation and yoga practice program can help improved rehabilitation outcomes among COPD persons at each interval of the rehabilitation program compared with those only participating in a rehabilitation program.

The findings suggest that a pulmonary rehabilitation and yoga practice program can help persons with COPD to control dyspnea. Nurses and health-care professionals can apply yoga practice in addition to participating in a pulmonary rehabilitation program in order to control dyspnea in persons with COPD. Longer study with follow up on outcomes is suggested.