

Effectiveness of Buteyko Technique, Pursed-Lip Breathing, and Inhaler Technique Program on Asthma Control for Patients with Asthma

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ABSTRACT

Background: Asthma is a chronic inflammatory disease that affects all ages and is still increasing in prevalence. To achieve control, alternative treatment methods can be used such as breathing exercises and correcting the inhalation technique. This study aimed to implement and evaluate the effectiveness of the Buteyko breathing Technique, Pursed lip breathing, and correct inhalation technique program on controlling asthma.

Methodology: A one-group (pre, post-test) pre-experimental study was conducted at the Allergy and Asthma Center / Al-Diwaniyah Teaching Hospital. The total sample was 85 adult patients with asthma. Data were collected by two tools; the first tool was used to collect patients' demographic data, and the second tool Asthma Control Questionnaire (ACQ).

Results: The results showed that the majority of the participants were poor asthma control before implementing the program, and a significant improvement in the post-test after 3 weeks of implementing the program (p-value >0.001).

Conclusion: The results of this study support the effectiveness of the Buteyko breathing technique, Pursed lip breathing, and inhalation technique program on controlling asthma.

Keywords: Asthma Control, Buteyko Breathing Technique, Correct Inhaler Technique, Pursed Lip Breathing.

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