

European Respiratory Society Annual Congress 2013

Abstract Number: 1265

Publication Number: 3338

Abstract Group: 9.2. Physiotherapists

Keyword 1: Physiotherapy care **Keyword 2:** Pleura **Keyword 3:** No keyword

Title: Effectiveness of a respiratory physiotherapy program on pleural effusion: A randomized controlled trial

Mrs. Marie Carmen 9824 Valenza cvalenza@ugr.es¹, Prof. Gerald 9825 Valenza-Demet gvalenza@ugr.es¹, Ms. Irene 9826 Torres-Sanchez ire_fisio@hotmail.com¹ and Ms. Irene 9827 Cabrera-Martos irenecm@ugr.es¹. ¹ Department of Physiotherapy, University of Granada, Granada, Spain, 18071 .

Body: Pleural effusions are due to a variety of diseases. They are usually treated conservatively, sometimes combined with surgery and medical treatment. The aim of the present study is to demonstrate the effectiveness of a respiratory physiotherapy protocol (PT) in patients with Pleural Effusion. Physical treatment of patients with pleural effusion was accomplished at the San Cecilio University Hospital and it consisted of directed breathing exercises, mobilizations and incentive spirometry. Its effects were examined in a group of 103 patients, who received both conservative and physical treatment and results were compared with the control group patients, treated only conservatively. Comparative analysis confirmed a significant improvement of lung function parameters (VC, FEV1, PEF) as well as of radiographic repercussions on the affected side of the thorax in favour of the physiotherapy group. The length of hospital stay was also reduced in physiotherapy treatment group when compared by medical treatment only ($p < 0.001$). The applied physical therapy resulted in: 1) significant improvement of all examined lung function parameters in the PT group, which was not registered in the control group; 2) significant improvement of the radiology in general; and 3) reduced length of stay. It is finally concluded that PT should necessarily be included in the treatment of pleural effusion.