

European Respiratory Society Annual Congress 2013

Abstract Number: 5430

Publication Number: P3700

Abstract Group: 1.2. Rehabilitation and Chronic Care

Keyword 1: Asthma - management **Keyword 2:** Exercise **Keyword 3:** Quality of life

Title: The effect of regular brisk walking on quality of life and lung function in partially controlled adult asthmatics

Prof. Dr Davis 31767 Paul davis paul29@yahoo.com MD and Dr. P. 31768 Mithun drmithun99@gmail.com MD . ¹ Pulmonary Medicine, Govt Medical College, Thrissur, Kerala, India, 680020 and ² Pulmonary Medicine, Govt Medical College, Kottayam, Kerala, India, 686008 .

Body: Back ground The impact of brisk walking on health related quality of life (HRLQ) and FEV1 of asthmatic patients is not well studied Aim To assess improvement in FEV1 and HRLQ following regular brisk walking Methods This is a prospective interventional study conducted in 100 partially controlled asthmatic, randomized in to exercise group(EG) and control group(CG). Basic FEV1 and HRLQ total scores were assessed by spirometry and Asthma Quality of Life Questionnaire (AQLQ). Patients in EG were subjected to brisk walking for 30 minutes/day for 6 months. Both groups were followed up regularly. FEV1 & AQLQ reassessed at 1st & 6th months Results There were 40 patients in each group who completed study. Ages were between 18-40 years. Mean base line FEV1 in the EG was 63.1 ± 12.0 (CG = 63.9 ± 11.5), after 1st month it was 69.8 ± 6.9 (CG = 66.6 ± 6.6) and 6th month it was 72.7 ± 5.9 (CG = 67.7 ± 5.5). The change in FEV1 after 1st month in the EG was $6.7 \pm 10.12\%$ (CG = $2.7\% \pm 8.0$) p value 0.06 and in 6 months was $9.6 \pm 11.6\%$ (CG = $3.9 \pm 8.5\%$) p value 0.014. Base line total HRLQ scores in EG was 136 ± 27.3 (CG = 136 ± 26.5), after 1st month it was 169.7 ± 23.5 (CG = 153.7 ± 21.9) and after 6 months it was 200.9 ± 8.4 (CG = 169.7 ± 23.5). The mean improvement in the 1st month for EG was 33.7 ± 19.4 (CG = 16.9 ± 14.5) & in the 6th month it was 64.9 ± 26.2 (CG was 30.7 ± 19.3). The increment in the total HRLQ scores were much higher in the EG when compared to CG, after 1 as well as 6 months (p value < 0.001). Conclusion Brisk walking for 6 months in partially controlled asthmatic improved HRLQ & FEV1 Reference 1) Sian Turner et al. Respiration 81:302–310; 2011.