

ABSTRACT

Name: Effectiveness of Breathing Retraining in Asthmatics

Objectives: To assess the evidence for the efficacy of breathing retraining in the treatment of patients with asthma and to form and present a well-founded system of breathing and compensatory exercises with the utilization of expert literature and own knowledge.

Methods: to fulfill the mentioned goal, I proceeded following tasks:

1. studying literature from different databases
2. looking in the books for the basic information about asthma
3. searching the web for the prevalence of asthma in different countries and in the world
4. analyzing the expertise of foreign countries
5. arranging a variety of correct exercises

Results: Due to the small number of studies meeting the criteria for inclusion into this review, the small number of patients in the studies and the use of diverse interventions in the included studies, no reliable conclusions can be drawn as to the beneficial effects of breathing retraining in asthma. However with the introduction of two further studies trends for improvement in an increased number of outcomes were found. There is therefore a need for large scale trials involving breathing retraining in order to observe its effectiveness in the treatment and management of asthma.

Conclusions: Comparisons and conclusions were difficult to evaluate as treatment interventions and outcome measurements from the trials varied considerably. At present therefore no reliable conclusions can be drawn concerning the use of breathing exercises for asthma in clinical practice. However trends for improvement, notably in quality of life measurements, are encouraging and further studies including full descriptions of treatment methods and outcome measurements are required.