

A Study to Assess the Knowledge Regarding Buteyko Breathing Technique among Asthma Patients

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ABSTRACT

Asthma is an incurable disease of inflammation of the airways. In affected patients, inflammation causes recurrent episodes of shortness of breath, shortness of breath, chest tightness and coughing, especially at night or very early in the morning. The objectives of the study were to test information on Buteyko's respiratory system. The Quantitative test method was adopted in the current study. 60 patients with Bronchial asthma who experienced an inclusive procedure were selected for a simplified procedure. The study was conducted at Medanta Hospital, Lucknow. Data were collected using information questionnaires to assess information on breathing exercises among OPD asthmatic patients. These study results show that out of 60 samples 10 (16.6%) had sufficient information and 16 (26.7%) had limited information and 34 (56.7%) had sufficient information. The study found that the majority of respondents who participated in the study had insufficient knowledge about breathing exercises; very few participants are experienced enough.

KEY WORDS: Knowledge, BBT- Buteyko breathing technique, Asthma

INTRODUCTION:

Buteyko's method or Buteyko's respiratory system is a combination therapy or alternative that promotes the use of breathing exercises primarily as a treatment for asthma and other respiratory conditions. ^[1] In 1950, Drs. Konstantin Pavlovich Buteyko, who began planning its goals. According to the opinion of many medical conditions, including asthma, it causes or exacerbates chronic respiratory failure or hyperventilation. This procedure restores the respiratory pattern through continuous breathing exercises to correct excessive breathing or treat any other conditions associated with hyperventilation. Treatment includes a series of reduced respiratory tests that focus on nasal breathing, respiration and relaxation.

Butyko's exercise reduces symptoms and dependence on medication for patients with asthma, chronic obstructive pulmonary disease (COPD) and chronic hyperventilation. The medical community questions whether the evidence supporting the theory is based on its practical application. ^[2]

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In Januray 27, 1923, Konstantin Pavlovich Buteyko was born in the small agricultural community of Ivanitsa which is away from Kiev about 150km. In 1946, he enrolled in medical training at First Medical Institute in Moscow. KP Buteyko was given a practical assignment in 1953, this included monitoring breathing of the patients, and he recorded their breath upto hundreds of hours.

During this time, KP Buteyko found that bad breath causes many health problems. After that, his entire professional life was devoted to researching and refining the respiratory system that has helped thousands of people around the world overcome many respiratory problems.

In the early 1980's, Russian authorities were impressed with Butyko's results by allowing him to be formally charged, or 'honored' with a child with asthma in a Moscow hospital. they were impressive enough to persuade the State Medical System to approve its widespread use.

Alexander Stalmatski, Butyko Practitioner and former KP Butyko student, introduced Butyko's approach to Australia in 1990 and began training doctors. Butyko's case, which is blind, and controlled, was made in 1994. The Butyko Institute of Breathing and Health and its staff continue this work. Many thousands of people around the world have benefited from the life-saving program launched by KP Butyko.^[3]

History

Butyko's method was first developed in 1950 by geologist Konstantin Butyko in Russia.^[4] In 1968, there was a study conducted in the Leningrad Institute of Pulmonology, that was the first official study of the Butyko Method on asthma. The second, held at the First Moscow Institute of Pediatric Disease in April 1980, eventually led the head of the Department of Health to issue a guide for Butyko's approach to treating asthma.^[5] Later, this approach was introduced with increasing exposure in Australia, New Zealand, Britain and the United States, where it is available. Anecdotal reports of life-changing development given Butyko's approach abound on the Internet and in books.^[6]

Butyko's method is one of many therapies used in the treatment of lung ailments, including common techniques such as physiotherapist-led exercise and other therapies such as Butyko's breathing and yoga.^[7]

In 2019, the famous Indonesian singer Andien posted pictures of herself, her husband and their two-year-old son quietly posting on social media. The photos sparked a conversation and an interest in Butyko's style.^[8]

Problem statement

A study to assess the Knowledge regarding Butyko breathing technique among OPD patients in selected hospitals, Lucknow (U.P.).

Objectives

1. To assess the knowledge regarding Butyko breathing technique among OPD asthmatic patients.
2. To find out the association between knowledge of asthmatic patients with selected demographic variables.

Methodology

➤ Research approach

The Quantitative evaluatory approach will be used for this study.

➤ Research design

The research design for this study will be Pre-experimental one group pre-test post-test only design.

➤ Variables

A variable is the value that can change depend on the condition or on information passed to the program.

➤ **Independent variable-** In this study independent variable is Butyko breathing technique.

➤ **Dependent variable-** In this study the dependent variable are knowledge regarding Butyko breathing technique of bronchial asthma patients.

➤ Source of data

➤ **Setting-** The study will be conducted at selected hospitals, Lucknow (U.P).

➤ Population

Population of the present study will be all patients with respiratory disease.

➤ Target population

Target population of the present study will be asthmatic patients.

➤ Accessible population

Accessible population of the present study will be asthmatic patients in the selected hospital, who are meeting the inclusive criteria.

➤ Method of data collection

Knowledge questionnaires will be used for collecting data.

➤ Sample-

In this study the sample will be asthmatic patients in the selected hospitals, who fulfill the inclusive criteria.

➤ Sample size-

The sample size of this study will consist of 60 asthmatic patients in selected hospitals, Lucknow.

➤ Sampling technique

Non-probability Purposive sampling technique will be used for select the sample.

Criteria for selection of the sample

Inclusive criteria

- The patients those who are diagnosed with bronchial asthma.
- Patient who are diagnosed bronchial asthma <6months.

Exclusive criteria

- Lack of consent by patient.
- Severe level of bronchial asthma.
- Patients who are having disease as COPD, lung disease.

Tools for data collection

- Ethical permission will be taken from the hospital authority.
- Consent will be taken from sample.

➤ Knowledge questionnaire will be given to the sample.

The data findings have been organized under following sections:

Results

To begin with, data was entered in a master sheet, for tabulation and statistical processing. The findings were presented under the following headings:

Section 1:- Level of knowledge regarding Buteyko breathing technique among asthmatic patients.

Section 2:- Association between knowledge of asthmatic patients with selected demographic variables.

Section 1:-

Table 1:-

Knowledge on breathing exercise among patients with bronchial asthma	N	%
Inadequate	34	56.7%
Moderate	16	26.7%
Adequate	10	16.6%

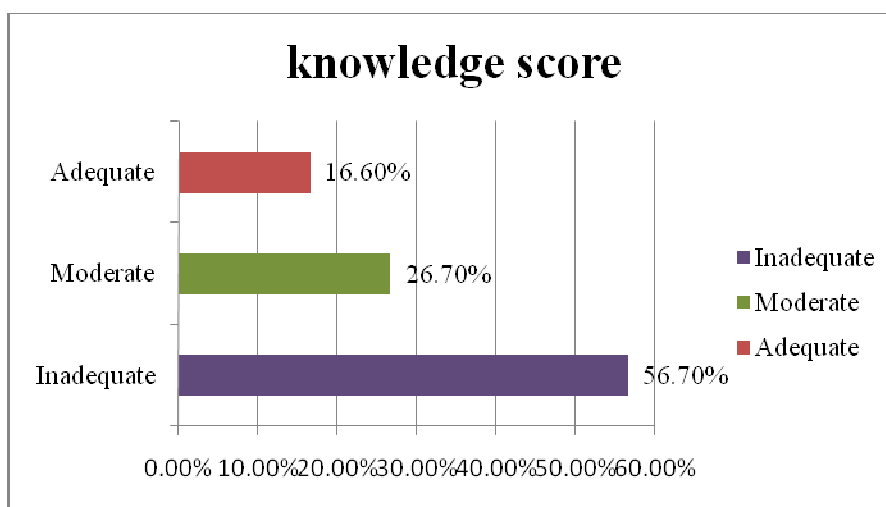


Figure1: – Frequency and percentage distribution of knowledge of breathing exercise among patients with bronchial asthma.

(Table no. 1 Fig no.1) This present study results reveals that among 60 samples 10(16.6%) had adequate knowledge and 16(26.7%) had moderate knowledge and 34(56.7%) had inadequate knowledge.

Section:- 2

The association between the level of knowledge with selected demographic variable shows not significant.

Discussion:-

The present study was attempt by the researcher to assess the Knowledge regarding Buteyko breathing technique among OPD patients in selected hospitals

among OPD patients in selected hospital. The structured questionnaires were used to collected data and inferential statistics the finding was used in relation to the objectives and hypothesis.

Objectives of the study

1. To assess the knowledge regarding Buteyko breathing technique among OPD asthmatic patients.
2. To find out the association between knowledge of asthmatic patients with selected demographic variables.

Conclusion:-

The present study result reveals among 60 samples 10(16.60%) had adequate knowledge, and 16(26.70%) had moderate knowledge, and 34(56.70%) had inadequate knowledge.

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This study reveals that among 60 samples 22(36.6%) belong to the age group of 34-45 years, 44(73.3%) were male, 30(30%) had both primary and secondary education, 44(73.3%) were under the treatment for asthma, 20(33.3%) had equal percentage of duration of asthma for 1-3 years and 4-6 years.

The present study was designed to assess the Knowledge regarding Buteyko breathing technique

This study reveals that majority of the study participant’s knowledge had inadequate about

buteyko breathing technique, very few participants have adequate knowledge. For the effectiveness of buteyko breathing technique findings shows that buteyko breathing technique was effective among the asthmatic patients

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