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EFFECTIVENESS OF ACTIVE CYCLE OF BREATHING TECHNIQUE ON DYSPNEA AND VITAL CAPACITY AMONG LUNG ABSCESS SUBJECT

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ABSTRACT

Background

Lung Abscess is defined as a local suppurative process with the lung, characterized by necrosis of lung tissue. It is a type of liquefactive necrosis of lung tissue and formation of cavities (more than 2cm) containing necrotic debris or fluid caused by microbial infection. It can be caused by aspiration which may occur during altered consciousness and it usually causes a pus-filled cavity.

Objectives

The study's primary objective was to find the effectiveness of Active Cycle of Breathing Technique on dyspnea and vital capacity among lung abscess subject.

Subject and Method

This study was done with 56 years old male who was clinically diagnosed with lung abscess, acute stage. The study duration was for 2 months. Active cycle of breathing technique was given to reduce dyspnea by clearing secretions, and to increase vital capacity. Modified Borg scale was used to assess the dyspnea, and Digital spirometry was used to assess the vital capacity.

Result

The results of this study showed a significant improvement in 56 years old male with lung abscess. The result shows the pre-test value as 3 and post-test value as 0.5for dyspnea using Modified Borg scale and pre- test value as 1.5L and post-testvalue as 4.8L for vital capacity using digital spirometry at the end of 6^{th} week respectively.

Conclusion

From this study, it was concluded that using Active cycle of breathing technique loosens and clears the secretions to reduce dyspnea and to improve vital capacity.

Clinical Implications

Active cycle of breathing technique is found to produce a significant effect on reducing dyspnea and improving vital capacity among lung abscess subject.

KEYWORDS: *Lung Abscess, Active Cycle of Breathing Technique, Dyspnea, Vital Capacity*

Article History

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