

Effect of chest physiotherapy on improving chest airways among infants with pneumonia

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Abstract

Pneumonia is the leading cause of childhood morbidity and death in many of developing countries. The aim of this study was to construct, implement and evaluate the effect of an intervention of chest physiotherapy (CPT) on improving chest airways of infants suffering from pneumonia. A quasi experimental design was utilized. The study conducted at 3 medicine floors at New Pediatric Hospital, Cairo University (NPHCU). A total of 60 infants (divided equally and randomly into 30 in study and 30 in control group) were recruited according to the inclusion criteria. The following tools were utilized to collect the required data which were a structured interview questionnaire schedule and medical history questionnaire schedule and infant's medical records. The mean age of infants was 4.93 ± 2.99 months for study group and 5.13 ± 2.92 months for control group. There were statistically significant differences between study and control groups regarding frequency of oxygen therapy and suctioning /day after applying intervention than before ($p \leq 0.05$). The current study concluded that CPT was effective in improving chest airways in infants with pneumonia in the form of decreasing oxygen requirement and frequency of suctioning. CPT should apply for infants with pneumonia whose condition required.

Keywords: Pneumonia; infant; chest physiotherapy; postural drainage; percussion.