

Effectiveness Of Structured Teaching Program On Breathing And Coughing Exercises Among Post Operative Clients In Bollineni Superspeciality Hospital, Nellore.

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Abstract:

INTRODUCTION:Breathing is one of the most important and instant of all the vital functions of the body. Coughing is a form of violent exhalation by which irritant particles in the airways can be expelled. It is something that occurs spontaneously, which influences the activities of each and every cell in the body. Normal Breathing pattern of an Individual becomes altered in certain conditions such as illness, diagnostic procedures, treatment and surgery. **OBJECTIVES:**1.To assess the pretest knowledge regarding Breathing and Coughing Exercises among post operative clients.2. To develop and implement the structured teaching program regarding Breathing and Coughing Exercises among post operative clients. 3. To assess the effectiveness of structured teaching program through post test knowledge regarding Breathing and Coughing Exercises among post operative clients.4. To find out the association between the pre test knowledge regarding Breathing and Coughing Exercises with selected demographic variables. 5. To find out the association between the post knowledge regarding Breathing and Coughing Exercises with selected demographic variables.**MATERIALS:**Quantitative research approach was utilized. One group pre test post test was design. The study was conducted in Bollineni super specialty hospital. Non probability convenience sampling technique. 60 post operative patients were selected. structured questionnaire was used to assess the effectiveness of STP on Breathing And Coughing Exercises Among Post Operative Clients.

RESULTS:The result shows that in pre test 60 (100%) had Below average ,in post test 20(33.3%) had average level of knowledge ,40(66.67%) had above average level .There is no significant association between post test knowledge score with their selected socio demographic variables.**CONCLUSION:** Irrespective of the variables like age, gender, religion, income of the family per month, occupation and educational status, there was a lot of improvement in the knowledge of clients after structured teaching program in breathing and coughing exercises i.e., the structured teaching program was highly effective.

KEY WORDS:disphramatic breathing,deep breathing,post operative exercise