

**Independent Study Title** Effect of Pulmonary Rehabilitation Program on Activity Tolerance Among Persons with Chronic Obstructive Pulmonary Disease

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**ABSTRACT**

Dyspnea commonly occurs in persons with Chronic Obstructive Pulmonary Disease(COPD) which results in decreasing activity tolerance . Pulmonary rehabilitation is one of an important means to reduce dyspnea and enhance activity tolerance. This quasi-experimental study aimed to identify the effect of the pulmonary rehabilitation program on activity tolerance among persons with COPD. Purposive sampling was used to obtain 20 subjects from the Out Patient Department (O.P.D.) at Chomtong Hospital, Chiang Mai Province. Subjects participated in a pulmonary rehabilitation program consisted of health education, pursed lip breathing, exercise, and psychosocial support. Reseach instruments were pulmonary rehabilitation program, pulmonary rehabilitation hand-book training, a demographic recording form, and a 6 Minute Walk Test (6 MWT) recording form. Data were analyzed by using pair t-test. The result showed that the 6 MWT distance of the subjects, which reflex to activity tolerance, was significantly increased ( $p<.001$ ). This finding suggests that pulmonary rehabilitation program should be promoted so those with COPD will be able to do their activities of daily living independently.