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Amruta Abhinandan More

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**AIRWAY CLEARANCE TECHNIQUES USED
AND IT'S ADHERENCE IN CYSTIC
FIBROSIS DURING COVID-19 PANDEMIC
IN INDIA: A SURVEY.**

Amruta Abhinandan More

Registration No. : 193408002

MPT- Cardiopulmonary Sciences

Cardiopulmonary Rehabilitation

Dr. V. Prem

**Associate Professor(Sr. scale)
and Head of the department,
Department of Physiotherapy,
MCHP, MAHE, Bangalore.**

Dr. H. Karvannan

**Associate Professor,
Department of Physiotherapy,
MCHP, MAHE, Bangalore.**

ABSTRACT

Introduction: Airway Clearance Techniques (ACTs) are considered as basis of management for bronchial hygiene in individuals with cystic fibrosis. On declaration of lockdown due to the ongoing COVID-19 pandemic; which restricted accessibility to hospitals for individuals suffering from chronic respiratory diseases it becomes important to understand which ACTs were practised in India and how was the adherence to it. Hence, the survey.

Method: We conducted a retrospective web based survey which reported findings on following domains- The ACTs used during lockdown, adherence to ACTs and ease of performance using patient preference scale. Non probability (Snowball) sampling was used. A survey questionnaire was developed by the principal investigator and circulated as an electronic link. Descriptive statistical analysis was conducted.

Results: The statistical analysis showed that majority (well- 84.6 %, unwell- 46.2%) of people used Acapella as an ACT during the lockdown. Most of the patients practised ACTs for 10-20 minutes (well- 53.8%, unwell- 46.2%), most (46.2%) performed the technique as often as advised by the physiotherapist both when they were well and unwell. Most of the respondents (well- 76.9%, unwell- 84.6%) performed the ACTs once a day or more every week.

Conclusion: ACBT, FET/ Huffing, postural drainage, PEEP, Flutter, Acapella, Lung flute, HFCWO; were the ACTs used during the pandemic. More qualitative and quantitative studies should be conducted with significant sample size for better outcomes.