

CURRENT RESPIRATORY PHYSIOTHERAPY PRACTICES AMONG PHYSIOTHERAPISTS FOR PATIENTS UNDERGOING CORONARY ARTERY BYPASS GRAFTING (CABG) IN SRI LANKA

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Several respiratory physiotherapy techniques such as deep breathing exercises, positive expiratory pressure (PEP) exercises and incentive spirometry are practiced worldwide by patients undergoing coronary artery bypass grafting (CABG). This study aimed to determine the current practice of respiratory physiotherapy among physiotherapists for patients undergoing CABG in Sri Lanka. It was conducted among physiotherapists participating in CABG management in cardiothoracic units in all government and private hospitals in Sri Lanka. Ethics clearance was obtained from Ethics Review Committee, Faculty of Medicine, University of Colombo. Data was collected using an expert-validated, pretested self-administered questionnaire and analyzed using SPSS version 21. Twenty nine physiotherapists participated (response rate-50.87%). Majority (51.7%) were males. Mean (+/-SD) age was 39.17+/-11.6 years. Mean (+/-SD) work experience and duration of practice as a physiotherapist in cardiothoracic units were 13.88+/-11.22 and 5.48+/-5.4 years respectively. All physiotherapists practiced

the following on all patients: commenced physiotherapy pre-operatively, commenced physiotherapy post-operatively on 1st post-operative day, treated patients in intensive care units (ICUs) and wards daily, practiced deep breathing exercises and incentive spirometry pre-operatively until discharged, prescribed home exercises for at least 3 weeks and provided incentive spirometer for home use. Majority (65.5%) advised patients to practice incentive spirometry for one month after CABG. However, no physiotherapist practiced PEP techniques. The study concludes that for patients undergoing CABG in Sri Lanka, despite lack of a uniform protocol and variations in frequency and duration, all physiotherapists commence respiratory physiotherapy preoperatively, treat patients in ICU and wards regularly, and arrange home physiotherapy, using incentive spirometry as the first choice.

Keywords: Coronary Artery Bypass Grafting (CABG), Respiratory Physiotherapy Techniques, Sri Lanka