

**ELECTRONIC GUIDE TO THESES APPROVED BY  
PHYSICAL THERAPY DEPARTMENT FOR CARDIOPULMONARY  
DISORDER AND GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

## Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and Its Surgery

Master Degree  
2004

Author	:	Amany Mohamed Abd El Hafez.
Title	:	Effect of breathing exercise program on walking distance in elderly.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Aziz Guirguis Aziz.
	2.	Mohie Eldeen Abd Elzاهر.
	3.	Azza Fikry Ismail.
Degree	:	Master.
Year	:	2004.
Abstract	:	
<p>The purpose of this study was to determine the effect of breathing exercise program on walking distance in elderly . Method : sixty elderly subjects their age 65-75 years were recruited from El Material teaching hospital and El Faith an elderly club to participate in this study . Assessment included the height , weight , blood pressure , heart rate , respiratory rate , walking distance and spirometric tests as SVC , FVC , FEV1 ,FEV1/FVC , MVV,PEF , FEF ( 25-75 ) . The Subjects were divided into two groups , group (I)received breathing exercise program which consisted of diaphragmatic breathing exercise , exercises connected with breathing and walking training with breathing control and group (II)controlled group . Both groups were examined exactly the same at the beginning of the study , after 4 weeks and after 8 weeks . Results : our results showed that breathing exercise program resulted in an increase in the walking distance and improvement in most of the ventilatory function variables selected and which ( PEFr , FEF ( 25-75% ) ) . Also there was a significant improvement in walking distance , and a significant decrease in pulse rate , respiratory rate and systolic and diastolic pressure . Conclusion : This study support the importance of breathing exercises in maintain and prevention of deterioration of respiratory function in elderly subjects and clarify their need for participation in physical activity programs to maintains and enhance their functional activities level.</p>		
Key words	1.	AGING.
	2.	breathing exercise.
	3.	Ventilatory Function.
	4.	Walking.
	5.	Exercise Training.
Arabic Title Page	:	تأثير برنامج تمارين التنفس على مسافة المشي للمسنين.
Library register number	:	1062-1063.

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Author	:	Asmaa Mohamed Al-Emrany Badr.
Title	:	The effects of smoke inhalation on physical fitness among firefighters in Cairo.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Naguib Mohamed Salem.
	2.	Alaa El-Dein Amin Afifi.
	3.	Hala Ez-El-Dein Hamed.
Degree	:	Master.
Year	:	2004.
Abstract	:	
<p>The study was undertaken to evaluate and record the physical fitness investigation that found in firefighters following structural fires . hundred firefighters working in different brigades in Cairo participated in the study . each subject performed exercise testing to measure (VO<sub>2</sub>max, RER, AND HR<sub>max</sub>). it was concluded that active firefighters develop significant cardiopulmonary disorders as a result of inhalation of fire smoke.</p>		
Key words	1.	Firefighter in Cairo.
	2.	Smoke.
	3.	Fitness.
	4.	vo2max.
Arabic Title Page	:	تأثير استنشاق دخان الحرائق على اللياقة البدنية لرجال المطافئ العاملون في القاهرة.
Library register number	:	1024-1025.

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Author	:	Faten Aly Hamza.
Title	:	The relation between regular exercise and chronic constipation in elderly.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Zienab Helmy.
	3.	Aliia Mesalam Mansour.
Degree	:	Master.
Year	:	2004.
Abstract	:	
<p>This study aimed to investigate the relation between regular exercise and chronic constipation in elderly thirty young elderly of both sexes participated in this trial , 17 females and 13 males , their age ranged from (64 to 73)years selected subject they were non smokers , non received drug induces constipation or laxative , same routine dietary and suffering from chronic constipation at least three months with mild to moderate physical activity studied during one week of constipation index parameters , frequency , consistency and severity with the equation constipation index = C.S/F per week , subject had exercise test before and after exercise period to determine their heart rate , perceived exertion , blood pressure , exercise tolerance they can perform and cardiogram in addition to their routine daily activities , they exercised thirty minutes on a treadmill with three sessions / week , every other day the total period of the training program was four weeks the results of this study , total constipation index decreased in 10 subjects , increased in 11 subjects , and did not change in 9 subjects using a paired T test total constipation index did not show a significant change from rest (25.03 + 8.37), P &gt; 0.05 this level of exercise did not improper their constipation.</p>		
Key words	1.	regular exercise.
	2.	chronic constipation elderly.
Arabic Title Page	:	العلاقة بين التمرينات المنتظمة والامساك المزمن في المسنين.
<b>Library register number</b>	:	<b>1040-1041.</b>

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Author	:	Mostafa Ibrahim El-Naggar.
Title	:	Effect of early mobilization and breathing exercises on arterial blood gases for open heart surgeries in intensive care unit.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Naguib Mohamed Salem.
	2.	Lotfy Mohamed Aissa.
	3.	Shehab Mahmoud Abd El-Kader.
Degree	:	Master.
Year	:	2004.
Abstract	:	
<p>The aim of this study was to determine the efficacy of additional of incentive spirometry or deep bearthing exercises to early mobilization in improving the arterial blood gases in patients following open heart surgery. forty five patients who had open heart surgery participated in the study divided into three equal groups.the first group received early mobilization only, the second group received early mobilization with incentive spirometry and the third group received early mobilization with deep breathing exercises. there was a significant increase in PaO<sub>2</sub> after 1/2 hour of incentive spirometry and early mobilization than deep breathing exercises.</p>		
Key words	1.	Early mobilization.
	2.	breathing exercises.
	3.	arterial blood gases.
	4.	open heart surgery.
	5.	intensive care unit.
Arabic Title Page	:	تأثير الحركة المبكرة وتمارين التنفس علي غازات الدم الشرياني لجراحات القلب المفتوح داخل وحدة العناية المركزة.
Library register number	:	1052-1053.

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