

**ELECTRONIC GUIDE TO THESES APPROVED BY
PHYSICAL THERAPY DEPARTMENT FOR CADIOPULMONARY
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
2007**

Author	:	Abdin Mazroua.
Title	:	Historical review of physical therapy for osteoporosis in geriatrics.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Al Sayed A. Shanb.
	2.	Sayed Mesheal.
	3.	Akram Abd El Aziz.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>This article is a review to provide evidence based practice of physical therapy for osteoporosis in geriatrics. Search was made over Medline Library, Cochrane library, Ovid library, and National Institute for Health and Clinical Excellence for studies of physical therapy for patient physical therapy for osteoporosis in geriatrics using a variety of key words. Such results are presented in specific technique in six areas for physical therapy intervention. "Therapeutic exercises, fall management, life style - patient education, pain management, therapeutic modalities and psychology, fracture". Using level of evidence the Scottish intercollegiate guide lines network (SIGN), the level of evidence behind intervention for each technique was presented and discussed. From this review a series of clinical and research recommendations were driven to optimize the physical therapy management.</p>		
Key words	1.	Osteoporosis.
	2.	weight bearing exercise.
Arabic Title Page	:	مسح مرجعي للعلاج الطبيعي لهشاشة العظام في المسنين.
Library register number	:	1583-1584.

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Author	:	Ahmad Hamad.
Title	:	Effect of weight reduction on ventilatory function in obese women.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fikery Ismail.
	2.	Mona Mansour Ahmed.
	3.	Akram Abd El Aziz Sayed.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>Background & Purpose: The aim of this study was to investigate ventilatory functions in class II obese women before and after weight reduction by low caloric diet regimen and aerobic exercise. Subjects: 30 class II obese females, aged 20-32 years & with BMI 35 - 39.9 kg/m². Method: Subjects followed a low caloric diet regimen & aerobic exercise in the form of 30 minutes walking on treadmill, three times per week for sixteen weeks. Body weight, BMI, WHR, FVC, FEV₁, FEV₁/FVC% & MVV were measured before, within and after the sixteen weeks. Results: There is a significant decrease in body weight, BMI, WHR & significant increase in ventilatory functions variables. Conclusion: Based on the scope & findings of this study, it was concluded that reduction in body weight using low caloric diet regimen and aerobic exercise, slightly improved ventilatory function.</p>		
Key words	1.	Obesity.
	2.	Body mass index.
	3.	Ventilatory functions.
	4.	Spirometer.
	5.	Pulmonary function test.
	6.	aerobic exercise.
	7.	Low caloric diet regimen.
Arabic Title Page	:	تأثير انقاص الوزن على وظائف التهوية الرئوية عند السيدات البدنيات.
Library register number	:	1557-1558.

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Author	:	Ahmed Ibrahiem El-Hassanin.
Title	:	Effect of ozone therapy versus electro acupuncture on adult obese subjects.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Al Sayed Abd El Hameed Shanb.
	2.	Akram Abd El-Aziz Sayed.
	3.	Sherif Ibraheim Zalat.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The aim of this study was to compare the effect of ozone therapy versus electro acupuncture on weight reduction in adult obese subjects, Forty five adult obese subjects participated in this study they divided into three groups. The first group received ozone therapy with diet, the second group received acupuncture with diet while the third group received diet only for three months. After three months there were statistical significant improvement in all groups but the group of acupuncture with diet was more better than other groups so acupuncture with diet can be introduced as a good method for weight reduction in adult obese subjects.</p>		
Key words	1.	Obesity.
	2.	Ozone therapy.
	3.	Ozone therapy.
	4.	Electro acupuncture.
	5.	Diet.
Arabic Title Page	:	دراسة تأثير الأوزون العلاجي مقابل الوخز بالإبر الصينية على الأشخاص البدناء البالغين.
Library register number	:	1481-1482.

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Author	:	Ahmed Mohamad Mohamed El Mahdy.
Title	:	Effect of exercise on complement system in obese females.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nabil Attia Khattab.
	2.	Azza Fekri Ismail.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The aim of this study was to determine the effect of exercise on complement system which can affect the immune system. Thirty obese females age ranged from 20 to 40 years old, participated in this study. They were divided into two groups, group A (Class I obesity) and group B (Class II obesity), both groups received a program of moderate intensity exercise for weight reduction three time/week for four months. The exercise showed a significant decrease in the activity of complement system, with significant in group a more than in group B and the age have a significant effect on complement system. So moderate intensity program for weight reduction have good effect on the complement system which improve the immune system.</p>		
Key words	1.	Exercises.
	2.	obese females.
Arabic Title Page	:	تأثير التمرينات على العامل المكمل المناعي للسيدات البدنيات.
Library register number	:	1601-1602.

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Author	:	Ahmed Mokhtar Tawfick.
Title	:	Pulsed Magnetic Field Versus Exercise on Osteoporosis in Elderly.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Al Sayed Abd El Hameed Shanb.
	2.	Mohamed Galal El-Barkouky.
	3.	Rasha Mohamed Kamal.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>This study was conducted to compare the efficacy of pulsed magnetic field with exercise training in the management of osteoporosis in elderly. Thirty osteoporotic elderly female patients were selected from out clinic of faculty of Physical Therapy, Cairo University, their age ranged from 60 to 70 years. All patients were evaluated by DEXA to measure bone mineral density (BMD) pre study and after three months. Patients were divided randomly into two equal groups, group A (Magnetic) (n=15) received pulsed magnetic therapy for 30 minutes three times per week for three months. While group B (Exercise) (n=15) practiced exercise training program for 50 minutes three times per week for three months. The results proved that magnetic therapy and exercise training program significantly increased BMD with slight non-significant better improvement in magnetic group than exercise group in elderly osteoporotic women. Accordingly, the magnetic therapy and the exercise training could be applied for management of osteoporosis in elderly.</p>		
Key words	1.	Osteoporosis.
	2.	pulsed magnetic field.
	3.	exercise.
Arabic Title Page	:	المجال المغناطيسي المتقطع مقابل التمارين على هشاشة العظام في كبار السن.
Library register number	:	1555-1556.

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Author	:	Ahmed Moustafa El-Kayaty Mohamed.
Title	:	Low Carbohydrate versus low-fat diet combined with exercise training on young obese females.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza F. Ismail.
	2.	Dina M. Abaza.
	3.	Akram A. Sayed.
Degree	:	Master.
Year	:	2007.
Abstract	:	<p>Back ground: Obesity is a Complex problem affecting multi systems in humans, so weight reduction is a very important for obese subjects. In the current study the effect of low-carbohydrate versus low-fat diet Combined with exercise on obese young females will be investigated. This will provide additional support for the concept of the metabolic advantages with diets representing extremes in macronutrient distribution. purpose: To investigate the effect of low Carbohydrate versus low fat diet combined with exercise on weight, BMI, waist to hip ratio(WHR)%& Fat Mass. Method: Thirty obese young females aged 20-30 years ,were selected from subjects in the Faculty of Physical Therapy Cairo University and the Faculty of Medicine Al-Azhar University .Their body mass index was ranged from 30 to 39.9 i.e. "obese I,II" .The thirty patients were classified into two groups each group consists of fifteen subjects , the first was represented as low carbohydrate diet group with a program of aerobics & the second was low fat diet group with the same program of aerobics. Data were recorded at three intervals before starting, after 5 weeks & after 10 weeks by using dependent & independent T test. Result: There was a significant difference within groups comparison (P<0.001) . But between the both groups the significance appeared only at BMI after 5 weeks (32.05±3.05) at low carbohydrate diet group Vs (34.65±2.99) at low fat diet group ,P= 0.04) .After 10 weeks the significance appeared at all anthropometric measures except WHR% (79.13±6.62) at low carbohydrate diet group Vs (83.25±6.39) at low fat diet group P =0.09).the greater reduction appeared at the low carbohydrate diet than low fat diet in the anthropometric measures (after 5 weeks & was greater after 10 weeks). Conclusion: On the short term the low carbohydrate diet with aerobics is more efficient & powerful than low fat diet in controlling the anthropometric measures of obesity.</p>
Key words	1.	Waist to hip ratio.
	2.	Aerobics.
	3.	Low fat diet.
	4.	Low carbohydrate diet.
Arabic Title Page	:	دراسة مقارنة بين التغذية قليلة النشويات مقابل قليلة الدهون مع برنامج تدريبي على السيدات البدينات صغيرات السن.
Library register number	:	1541-1542.

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Author	:	Ahmed Sayed Mohamed.
Title	:	Effect of Aerobic Exercise on Ventilatory functions in Smoking Adolescents.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fikry Ismail.
	2.	Hossam Hosni Massoud.
	3.	Amany Raafat Mohamed.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The aim of this study was to determine the effect of aerobic exercise on the ventilatory functions in smoking male adolescents. Sixty cigarette smoking male adolescents participated in the study, their ages ranged from 14 to 19 years. They were divided into two equal groups. The exercise group's subjects performed aerobic exercise, while the control group's subjects did not take part in the exercise intervention program and were instructed to maintain their usual activities during the experimental period. The program continued for 10 weeks (three sessions per week), ventilatory functions were measured at the beginning and after the exercise program for both groups. No statistically significant changes were found in ventilatory functions. The investigation concluded that 10 weeks of aerobic exercise were insufficient to result in significantly positive changes in almost all ventilatory functions, except for the MVV. So, it is recommended to use aerobic exercise in order to improve the MVV in smoking male adolescents.</p>		
Key words	1.	aerobic exercise.
	2.	ventilatory function.
	3.	smoking.
	4.	smoking.
	5.	adolescents.
Arabic Title Page	:	تأثير التمرينات الهوائية على وظائف التهوية الرئوية لدى المراهقين المدخنين.
Library register number	:	1613-1614.

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Author	:	Ashraf Abd El- Aal Mohamed.
Title	:	Effect of exercise on serum immunoglobulin-G and Ventilatory functions in males with chronic obstructive pulmonary disease.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors		1. AL Sayed Abd EL Hameed Shanb. 2. Azza Fekry Ismail. 3. Manal EL-Hussini Abo-Farha.
Degree	:	Master.
Year	:	2007.
Abstract	:	The aim of this study was to investigate the effect of exercise on serum immunoglobulin-G and ventilatory functions in males with chronic obstructive pulmonary disease. Thirty male patients with mild to moderate degree of chronic obstructive pulmonary disease participated in this study, Their age ranged from 45 to 65 years .They were divided into two equal groups; Group (I)fifteen patients received only medical treatment(control group), while Group (II)fifteen patients performed moderate intensity exercise program plus receiving medical treatment. The program continued for 12 weeks, three sessions per week for 36 sessions. Ventilatory functions and serum immunoglobulin-G were measured at the beginning and after the study for both groups. There were significant improvements in ventilatory functions & immunoglobulin-G values in the exercise group without significant changes in the control group. So it was recommended to encourage the COPD patients to participate in exercise program to improve immunological capabilities as well as ventilatory functions.
Key words		1. aerobic exercise. 2. immunoglobulin-G. 3. ventilatory functions. 4. COPD.
Arabic Title Page	:	تأثير التمرينات على الأجسام المضادة "ج" ووظائف التهوية عند الرجال المصابين بالسدة الرئوية المزمنة.
Library register number	:	1587-1588.

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Author	:	Gehan Samir Mohamed Mousa.
Title	:	Assessment of Ventilatory Function in Patients With Different Causes of Chronic Low Back Pain.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Abd El Hameed Shanb.
	2.	Ali Saad Rafea.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>Study objective: the purpose of this study was to assess the effect of chronic low back pain with different causes on ventilatory function. Setting and participants: One hundred and fifty patients with chronic low back pain. Their age ranged from 30 to 50 years old. Their BMI < 30 Kg/ m². The patients were selected from the out patient clinics` of El-Mataraiia Teaching Hospital. They were assigned into three equal groups I, II and III according to their diagnosis (lumber spondylosis, lumber disc prolapse and sacroiliac dysfunction)and fifty normal control subjects. Clinical assessment was done to exclude any other pathological conditions. Evaluation of participants included body mass index, waist circumference and Visual analogue scale. Assessment of ventilatory functions were done by using spirometry. Results: The results showed that all groups of chronic low back pain a statically significant decreased in all ventilatory parameters. Conclusion: These results suggested a reduction of respiratory function in lumbar disc prolapse group more than other two groups. Because of pain and muscle spasm.</p>		
Key words	1.	Ventilatory functions.
	2.	Spirometry.
	3.	Visual analogue scale.
	4.	Chronic low back pain.
Arabic Title Page	:	تقييم وظائف التهوية في مرضي آلام أسفل الظهر المزمنة ذات النواعيات المختلفة.
Library register number	:	1591-1592.

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Author	:	Ghada Mohamed Shawky Abd El Halim.
Title	:	Immediate arterial Blood Gases response after diaphragmatic exercise, incentive spirometry and both in smoker and non-smoker, post coronary artery bypass.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors		<ol style="list-style-type: none"> 1. Aziz Guirguis Aziz. 2. Abd EL Ghany Mohamed Abdel Ghany. 3. Akarm Abd el Aziz.
Degree	:	Master.
Year	:	2007.
Abstract	:	<p>The aim of this study to evaluate the effect of the incentive spirometry, diaphragmatic breathing exercise and both in smoker and non-smoker patients post coronary artery bypass graft on the arterial blood gases (PaO₂- PaCO₂- H₂CO₃ and pH). These parameters were recorded pre and post operative (immediately, after 1/2 hour and 2 hours). Ninety patients were selected from national heart institute and were classified into two groups: smoker and non smokers. First group (smoker), fifteen received I.S, fifteen received DB and fifteen received both IS and DB). Second group (non smoker fifteen received IS, fifteen received DB and fifteen received both IS and DB). The results of the current study, revealed that both modalities resulted in improving arterial oxygenation with superiority of IS than DB. The non- smoker subjects showed greater improvement than smoker.</p>
Key words		<ol style="list-style-type: none"> 1. diaphragmatic breathing (DB). 2. blood gases (PaO₂, PaCO₂, HCO₃, pH). 3. Postoperative pulmonary complications (PPCs). 4. coronary artery bypass graft (CABG). 5. incentive spirometry (IS).
Arabic Title Page	:	التأثير الفوري على غازات الدم الشرياني بعد تمارين عضلة الحجاب الحاجز، جهاز الحافز التنفسي في المدخنين وغير المدخنين بعد ترقيع الشريان التاجي.
Library register number	:	1483-1484.

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Author	:	Hamed Ibrahim Shalabia.
Title	:	Enzymatic response to exercise in fatty liver patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Al Sayed abd El-Hameed Shanb.
	2.	Mohamoud Abd Aziz Koura.
	3.	Laila Ahmed Rashid.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The aim of this study was to investigate the effect of exercise on liver enzymes, body weight, BMI and W/H ratio in fatty liver patients. Forty patients (male and female) participated in this study. Their age ranged from 30 to 45 years old. They participated in a treadmill exercise program with moderate intensity (65-75% HR max) three times per week for one month and they walked on the other days in fresh air for one hour. Liver enzymes ALT and AST, Waist to Hip Ratio, BMI and body weight were measured for each patient before and immediately after the last session post 4 weeks. The results proved that there are high significant reduction in ALT, AST concentration and high significant reduction in weight, BMI and W/H ratio. It was concluded that participation on a moderate exercise program improve the liver enzymes (ALT and AST) and reduced Waist to Hip Ratio, BMI and weight in fatty liver patients.</p>		
Key words	1.	treadmill exercise.
	2.	liver enzymes.
	3.	fatty liver.
Arabic Title Page	:	استجابة الأنزيمات للتمارين في مرضى الكبد الدهنى.
Library register number	:	1547-1548.

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Author	:	Hasem Abd El-Aziz Yousef Ali.
Title	:	Effect of hyperbaric oxygen therapy versus laser therapy in management of diabetic foot ulcers.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A.Abd El-Hady.
	2.	Shehab M.Abd El-Kader.
	3.	Heba Kamal Sedrak.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The purpose of this study was to compare between the effect of hyperbaric oxygen therapy and laser therapy on grade II diabetic foot ulcer. Thirty patients of both sexes participated in this study. Group (I) received laser. Group (II) received hyperbaric oxygen therapy. Both groups received medical treatments. The program conducted for five times per week for two months. The patients were assessed for ulcer surface area and ulcer volume. These measures were recorded three times during study, before treatment, after one month and at the end of study after two months. The results of this study showed a significant decrease of two variables of both groups at the end of study. But HBOT seems more effective in accelerating the healing rate and shortening hospitalization time in these patients than laser. But it cannot be applied for all cases and still laser is the safe modality to produce nearly similar effects in treatment of grade II diabetic foot ulcer.</p>		
Key words	1.	hyperbaric oxygen therapy.
	2.	laser.
	3.	diabetes mellitus.
	4.	foot ulcer.
	5.	lasers.
Arabic Title Page	:	تأثير العلاج بالأكسجين تحت الضغط مقابل العلاج بالليزر في علاج قرح القدم السكري.
Library register number	:	1479-1480.

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Author	:	Heba Mahmoud Abbas Ali.
Title	:	Effect of Laser Puncture on Ventilatory Function In Asthmatic Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A. Abdel Hady.
	2.	Shehab Mahmoud Abd El-Kader.
	3.	Nahed Mohamed Mostafa.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>Back ground: Laser therapy has anti-microbial, anti-inflammatory and analgesic effects. And shown improvement in gas exchange and pulmonary function in Respiratory disease. Methods: the study was performed to investigate effect of laser puncture on ventilatory function (FVC, FEV₁ / FVC) and quality of life 6- min walking test in 30 moderate asthmatic male patients. The mean age of patient was 41 years, BMI 26 kg/me and duration of disease was 76months. The patients assigned in to 2 equal groups one received real laser puncture and other received placebo laser puncture. Ventilatory function and quality of life was measured before and after 8 weeks of receiving laser puncture. Results: the results showed that there was significant improvement in ventilatory function (FVC, FEV₁/FVC) in study group after treatment was (24.47%,10.5%) while in control was(17.9% , 3.9%). Also in quality of life 6- min walking test there was significant improvement in study group (41.7%) while in control group was (36.11%). Conclusion: Use of laser puncture therapy procedure significant effect on ventilatory function FVC, FEV₁/FVC and quality of life 6-min walking test in patient with moderate asthma.</p>		
Key words	1.	Laser therapy.
	2.	bronchial asthma.
	3.	ventilatory functions.
	4.	6-min walking test.
	5.	Lasers.
Arabic Title Page	:	تأثير الليزر الوخزي على وظائف الرئة في مرضى الربو الشعبي.
Library register number	:	1565-1566.

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Author	:	Mina Nashat Halim.
Title	:	Effect of electromagnetic therapy on diabetic polyneuropathy.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Al Sayed Abed El-Hameed Shanb.
	2.	Soliman Nasr.
	3.	Hala Rashad El Habashy.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>Back ground: The purpose of study was to examine the effect of electromagnetic therapy in diabetic polyneuropathic patients. Forty diabetic neuropathic patients with sensory manifestations were assigned randomly into two equal groups. Subjects in control group (n = 20) received only medical treatment. Whereas subjects in study group (n =20) received medical treatment in addition to the electromagnetic waves. The following parameters including nerve conduction velocity and pain were measured by nerve conduction velocity and visual analogue scale before and after the treatment course. Results: There is significant increase in the nerve conduction velocity and decrease in pain in the study group in comparison to control group . Conclusion: Electromagnetic therapy is an effective additional tool to physical therapy program in the treatment of diabetic neuropathic patients as it plays an important role in increasing nerve conduction velocity and other sensory manifestations.</p>		
Key words	1.	diabetes.
	2.	diabetic polyneuropathy.
	3.	nerve conduction study.
	4.	electromagnetic therapy.
Arabic Title Page	:	تأثير العلاج الكهرومغناطيسي على إتهاب الأعصاب الطرفية لمرضى البوال السكري.
Library register number	:	1619-1620.

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Author	:	Mohamed Abd El Haleem Mohamed Shendy.
Title	:	Effect of Different Body Positions on Ventilation in Patients with Unilateral Lung Diseases.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Al Sayed Abd El Hameed Shanb.
	2.	Akram Abd El Aziz.
	3.	Wafa Mohamed Ahmed.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The aim of this study was to evaluate the effect of different body positions on ventilation in patients with unilateral lung diseases. Thirty patients with unilateral lung diseases their age ranged from 25 to 55 years old participated in this study. Ventilatory function test was performed for each patient after thirty minutes of assuming each of the following body positions (sitting, supine, side lying on the affected position and side lying on the unaffected position). The results showed that there was highly improvement in ventilatory function at sitting position .There were statistically significant differences between sitting position and other positions and between lying on the unaffected and lying on the affected side. It was concluded that sitting position is the best position for pulmonary ventilation and side lying on the unaffected position is the position of choice for improvement of ventilation perfusion ratio in patients with unilateral lung diseases.</p>		
Key words	1.	Ventilatory function.
	2.	Spirometry.
	3.	Positioning.
	4.	Unilateral lung diseases.
Arabic Title Page	:	تأثير الأوضاع المختلفة على التهوية الرئوية في المرضى ذوي أمراض الرئة الواحدة.
Library register number	:	1577-1578.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mohamed Ahmed El Bedewy.
Title	:	Effect of Inspiratory Muscle Training on Selected Blood Gases in Chronic Obstructive Pulmonary Disease Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Al Sayed Abd El- hameed Abd El Raheem.
	2.	Maysa Mohamed Fouad Sharf EL- din.
	3.	Akram Abd El-Aziz Sayed.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The aim of this study was to determine the efficacy of inspiratory muscle training on improving the arterial blood gases in chronic obstructive pulmonary disease patients. Forty patients had chronic obstructive pulmonary disease participated in this study. They divided into two groups: The first group is a control group who didn't participate in any physical therapy program. The second group is the study group who received inspiratory muscle training by using threshold inspiratory muscle trainer for eight weeks, three times per week from ten to fifteen minutes per session. There were statistical significant improvements in arterial blood gases (PaO₂, PaCO₂, PH) after eight weeks from using threshold inspiratory muscle trainer. So threshold inspiratory muscle trainer can be introduced as a method of treatment for (COPD) patients to improve the arterial blood gases (PH, PaO₂ and PaCO₂), inspiratory muscle strength and endurance for reducing the risk of pulmonary complications.</p>		
Key words	1.	Inspiratory Muscle Training.
	2.	Arterial Blood Gases.
	3.	Threshold Inspiratory Muscle Trainer.
Arabic Title Page	:	تأثير تدريبات عضلات الشهيق علي بعض غازات الدم المختارة في مرضى السدة الرئوية.
Library register number	:	1579-1580.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mohamed Ahmed Zaki Seoudi.
Title	:	Effect of Electromagnetic Therapy On Diabetic Foot Ulcer.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zinab M. Helmy.
	2.	Ali El M. Ashmaui.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The purpose of this study is to examine the effect of low frequency pulsed magnetic field (LFPMF) therapy on diabetic foot ulcer in patients with type 2 diabetes mellitus. Twenty patients from Out Patient Clinic of Diabetes in Kasr Al-Aini Hospital were assigned randomly into 2 groups equal in number. The magnet on group (n=10) received LFPMF in addition to oral hypoglycemic drugs, whereas the magnet off group (n=10) received hypoglycemic drugs. The blood perfusion, heart rate, respiratory rate and blood pressure were measured before and after 3 month of treatment. Ankle brachial pressure index (ABPI) was measured before the study to exclude macrovascular complications. Results: The results showed a statistical non significant improvement in all parameters in magnet on group compared with magnet off group. Conclusion: It was concluded that LFPMF is not effective as a therapeutic method to improve healing of diabetic foot ulcer in patients with type 2 diabetes mellitus.</p>		
Key words	1.	Magnetic Field.
	2.	Blood Flow.
	3.	Diabetic Patients.
Arabic Title Page	:	تأثير المجال المغناطيسي علي قرحة القدم السكري.
Library register number	:	1545-1546.

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Author	:	Mohamed Shamakh.
Title	:	Physical Therapy Interventions for Mechanically Ventilated Patients (Systemic Review Study).
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa M. Badr.
	2.	Shehab M. Abd El Kader.
	3.	Akrem Abd El Aziz.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>Physical therapist plays a role in the multidisciplinary team in management of mechanically ventilated patients. This review was to provide evidence based practice of physical therapy interventions for those patients. Medical libraries were searched using a variety of keywords. Search results were presented in a problem solving approach in six problems usually encountered by physical therapist "Retained Secretions, Ventilator Associated pneumonia, Atelectasis, Respiratory Muscle Weakness, Body De-Conditioning, and Pain & Anxiety". The Levels of Evidence the Scottish Intercollegiate Guidelines Network (SIGN), were used to detect the level of evidence behind interventions for each problem for the purpose of comparison and discussion. From this review a series of clinical and research recommendations were driven to optimize the physical therapy management.</p>		
Key words	1.	Mechanical Ventilation.
	2.	Critical Care.
	3.	Intensive Care.
Arabic Title Page	:	مدخلات العلاج الطبيعي للمرضى مستخدمي اجهزة التنفس الاصطناعي (دراسة مرجعية).
Library register number	:	1525-1526.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mona Ahmed Ahmed Abdul Mohsen.
Title	:	Impact of Ankle Joint Mobility Program on Balance Performance In Diabetic Elderly Subjects.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Aziz G. Aziz.
	2.	Shehab M. Abd El Kader.
	3.	Samir El Sayed Selim.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>This research was conducted to study the impact of ankle joint mobility program on balance performance in diabetic elderly subjects. Thirty diabetic elderly patients of both sexes (18 females and 12 males with mean age equal 65.81 ± 5.93) from El Sahel Teaching Hospital, outpatient clinic, participated in this study. all patients were evaluated before the mobility program by the universal goniometer and Biodex balance system then they received the ankle joint mobility program for 6 weeks, then they were reevaluated again by the same devices. The results of this study revealed an improvement in the range of motion in ankle dorsiflexion and planterflexion also an improvement in the balance performance and in consequence the rate of falling can be decreased in these patients.</p>		
Key words	1.	Ankle mobility program.
	2.	Range of motion.
	3.	Balance.
	4.	Diabetes mellitus.
	5.	Elderly.
Arabic Title Page	:	تأثير برنامج حركة مفصل الكاحل علي الأتزان لدى مرضي السكر كبار السن.
Library register number	:	1493-1494.

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Author	:	Mona Mohamed Taha El-Sayed.
Title	:	Predicted Peak Oxygen Consumption and Walk Test As A Measure of Exercise Capacity For Chronic Obstructive Pulmonary Disease Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr.
	2.	Hala Mohamed Ezz El Deen.
	3.	Mohie El-Deen A. Zaher.
Degree	:	Master.
Year	:	2007.
Abstract	:	Background: Exercise tolerance in COPD patients has multiple determinants that's need safe and accurate test for who can't do active exercise test. Study objective: was to correlate and compare the predicted peak oxygen consumption from resting pulmonary function test and 6 min. walk test as a measure of exercise capacity for patients with COPD. Setting and participants: Forty moderate to severe COPD male patients $FEV_1 \leq 80\%$ and $FEV_1/FVC < 70\%$. Their age ranged between 45 and 60 years, were selected from Materia teaching hospital. Assessment of pulmonary functions included FVC, FEV_{15} , FEV_1/FVC , MVV, and $FEF_{25-75\%}$. Evaluation of walk test included distance walked, distance weight product, and the oxyhemoglobin saturation, pulse rate, respiratory rate and blood pressure .Results: The results showed that Predicted Peak Oxygen Consumption was highly and significantly correlated with 6 min. walk work and moderate agreement between them. Conclusion: Peak exercise capacity measured by 6MWT could be also estimated with similar accuracy from PFT through predicted VO_{2max} formula in patients with COPD.
Key words	1.	Chronic obstructive pulmonary disease.
	2.	6 Minute walk test.
	3.	predicted peak oxygen consumption.
	4.	Ventilatory function.
Arabic Title Page	:	المعامل الأقصى المتوقع لاستهلاك الأوكسجين واختبار المشي كمقياس لكفاءة التمرين لمرضى السدة الرئوية المزمنة.
Library register number	:	1611-1612.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Nabil Talat El Sayed Fayade.
Title	:	Effect of aerobic exercise on pulmonary hypertension secondary to chronic obstructive pulmonary disease.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fekry Ismail.
	2.	Mohamed Gamal Amer Elkholy.
	3.	Akram Abd Elaziz Sayed.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>This study was conducted to determine the effect of aerobic exercise training on pulmonary hypertension secondary to chronic obstructive pulmonary disease. For this purpose thirty male patients with pulmonary hypertension secondary to COPD were chosen from outpatient clinic in Tanta University Hospital. Their age ranged between 45 and 55 years old their mean pulmonary artery pressures ranged between 25-35 mmhg. The subjects were divided randomly into two equal groups, A (study group) received moderate intensity aerobic exercise(60%-80% of maximum heart rate) each other day for 8 weeks, while group B (control group)had no exercise, both groups were medically controlled. Both groups were analogues with respect to age and BMI. All cases evaluated by Echocardiography and ventilatory function test which were done before treatment and after 8 weeks of treatment. The results of this study revealed that aerobic exercise in the form of walking on treadmill, at moderate intensity (60-80 % of maximum heart rate), for 30 minutes which was done 3 times/ week, 1 hour after the main meal and medication, together with medical therapy, improved pulmonary functions as well as pulmonary artery pressure. In the study group FEV1 increased by 10.2 %, FVC increased by 6.3 % , FEV1/ FVC by 4.1%and systolic pulmonary artery pressure decreased by 3.2%, diastolic pulmonary artery pressure decreased by 17.5 % and mean pulmonary decreased by 7.4%.so it could be concluded that aerobic exercise in conjunction with medical therapy had an effect in reducing the pulmonary artery pressure and improving pulmonary functions in patients with pulmonary hyper tension secondary to COPD.</p>		
Key words	1.	COPD.
	2.	pulmonary hypertension.
	3.	aerobic exercise.
	4.	moderate intensity.
	5.	pulmonary functions.
Arabic Title Page	:	تأثير التمرينات الهوائية على ارتفاع ضغط الدم في الشريان الرئوي الناتج عن السده الرئويه المزمنة.
Library register number	:	1627-1628.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Samah Mahmoud Ismail.
Title	:	Effect Of Treadmill Exercise On Nitric Oxide In Diabetic Patients (Type Two).
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fekry Ismail.
	2.	Al Sayed Abd El Hameed Shanb.
	3.	Soheir Abdel Fattah Abo El Fadl.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The aim of this study was to investigate the effect of treadmill exercise on nitric oxide (NO) in diabetic patients (type 2). Thirty patients participated in the study, their age ranges from 40 to 55 years. They were divided into two equal groups. The first group (studied), performed a supervised treadmill exercise program (3 sessions / weak, 30 minutes / per session for 8 weeks) in addition to oral hypoglycemic drugs. The second group (control) received only the oral hypoglycemic drugs. Nitric oxide was measured at the beginning and after 8 weeks for both groups. There was a significant increase in the NO level only after the treadmill exercise group. So it is recommended that type 2 diabetic patients participate treadmill exercise to increase the NO level and improve vascular endothelial function.</p>		
Key words	1.	treadmill exercise.
	2.	nitric oxide.
	3.	diabetes mellitus.
Arabic Title Page	:	تأثير التمرينات بجهاز المشى الكهربائى على اكسيد النيتريك فى مرضى البول السكرى (النوع الثانى).
Library register number	:	1491-1492.

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Author	:	Samer Fahmy Tawadros.
Title	:	Effect of different aerobic exercise intensities on nitric oxide in males with mild hypertension.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Aziz Guirguis Aziz.
	2.	Olfat Gamil Shaker.
	3.	Akram Abd Elaziz Sayed.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>Back ground: Nitric Oxide is an endothelium dependent vasodilator. Aerobic exercise enhances endothelium-dependent vasodilatation in hypertensive patients through NO release. Methods and Results: we measured the effect of different intensities of exercise on endothelium-dependent NO release. We measured the level of nitrite in blood before and after different aerobic exercise intensities; mild 50%, Moderate 80% and sever 90% of Maximum Heart Rate (HRm) for 12 weeks. The level of nitric oxide had increased with mild intensity from (23.17±5.93) to (25.80±6.64)µmol/L and with moderate intensity from (23.32±4.62) to (27.44±5.46)µmol/L but decreased with sever intensity from (22.47±4.86) to (18.03±4.92)µmol/L. Conclusion: Exercises performed with moderate intensity at 80% of the patient HR max is the best intensity and of certain benefit for mild hypertensive patients.</p>		
Key words	1.	Nitric Oxide.
	2.	Endothelium.
	3.	Aerobic exercise.
Arabic Title Page	:	تأثير التمرينات الهوائية مختلفة الشدة على أكسيد النيتريك عند الرجال ذوى ارتفاع ضغط الدم المعتدل.
Library register number	:	1535-1536.

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Author	:	Shaheera Abo El-ftouh Zidan.
Title	:	Effect of low intensity laser therapy on venous ulcer in lower limbs of Egyptian patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fekri Ismail.
	2.	Mohamed Sobhy Teama.
	3.	Akram Abd Elaziz.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The aim of this study was to determine the efficacy of low intensity laser therapy in the treatment of lower limbs venous ulcers. Thirty patients with venous ulcers their age ranged from 30 to 50 yrs old, Participated in this study. They were divided into control and study groups received the same medical treatment. The study group only received the laser therapy for two months in addition to the medical treatment, there was a significant decrease in wound surface area and wound volume after laser therapy but there were less significant changes in wound surface area and wound volume with medical treatment only. So low level laser therapy is an effective modality in the treatment of venous ulcers combined with medical treatment.</p>		
Key words	1.	low intensity laser therapy.
	2.	venous ulcer.
	3.	lower limbs.
	4.	Lasers,
Arabic Title Page	:	تأثير العلاج بالليزر منخفض الشدة على القرحة الوريدية في الأطراف السفلية للمرضى المصريين.
Library register number	:	1489-1490.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Sherin Hamed El-Sayed.
Title	:	Ventilatory Function in Relation to Different Classes of Obese Women.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A.Abd El-Hady.
	2.	Mohyee El Din A. Zaher.
	3.	Akram Abd El-Aziz Sayed.
Degree	:	Master.
Year	:	2007.
Abstract	:	<p>Study objective: was to assess the correlation between the ventilatory function and the different classes of obesity. Setting and participants: Three hundred obese women, their age ranged between 20 and 40 years, their BMI between 30 and ≥ 40 Kg/ m², WC ≥ 90 cm, were selected from the out patient clinics` of El-Matararaia Teaching Hospital. They were assigned into three equal classes I, II and III according to BMI. Each of them consisted of 100 participants. Class I (30 – 34.9 Kg/ m²) While Class II (35 -39.9 Kg/ m²) and Class III (≥ 40 Kg/ m²). Clinical assessment was done to exclude any other pathological conditions. Evaluation of obesity included body mass index, percentage of body fat, waist circumference and neck circumference. Assessment of ventilatory function was by FVC, FEV₁, FEV₁/ FVC, MVV, PEF and FEF_{25-75%}. Using spirometer. Results and Conclusion The results using pearson correlation coefficients analysis and The stepwise multiple regression analysis showed that all classes exhibit a statically significant compromise in all ventilatory parameters and the compromise increases as obesity increases. These results suggest that abdominal adiposity is a better predictor of pulmonary function than weight or BMI, and investigators should consider it when investigating the determinants of ventilatory function.</p>
Key words	1.	Ventilatory function.
	2.	Spirometry.
	3.	Body mass index.
	4.	Obesity.
Arabic Title Page	:	العلاقة بين وظائف التهويه والدرجات المختلفة للسمنة فى السيدات.
Library register number	:	1455-1456.

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Author	:	Yasser Farag Abd El Moneim El-Shandaweely.
Title	:	Pulmonary Gas Exchange and Quality Of Life in Patients with Left Ventricular Failure.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Al Sayed Abed El-Hameed Shanb.
	2.	Hamdy Soliman Mahmoud.
	3.	Nevein Hemamy Mohmed.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>This study was designed to find the relationship between pulmonary gas exchange and quality of life in left ventricular failure (LVF). The study was conducted on sixty male patients with LVF, NYHA class II&III, selected from National Heart Institute. The mean age (57.24±4.45) years and the mean of LVEF (38.91±2.69%).Patients underwent cardiopulmonary exercise testing and completed the MLHFQ over a 1-year period. The mean duration of left ventricular failure (9.33±4.67 months).The mean of VO₂max (11.9 ± 1.07 ml/kg/min). The mean of VE/VCO₂ slope (39.98 ± 14.26).The mean of MLHFQ overall scores (63.3±21.73). The mean of MLHFQ physical sub-scores (21.7±7.34) and the mean of MLHFQ psychosocial /symptomatology sub- score (41.6 ±14.44).The results revealed that VO₂max had a strong, negative correlation with MLHFQ (r = -0.73 & P=0.001, r= -0.74& P=0.001, and r= -0.70&p=0.001) overall the patients' groups. VE/VCO₂ slope had a strong, positive correlation with MLHFQ (r=0.87& P=0.001, r=0.86& P=0.001 and r=0.87&P=0.001) overall the patients' groups. Also, VO₂max had a strong negative correlation with VE/VCO₂ slope (r= -0.74 & P= 0.001) overall the patients' groups.</p>		
Key words	1.	Ventilatory efficiency.
	2.	maximal oxygen consumption.
	3.	quality of life.
	4.	MLHFQ.
	5.	LVF.
	6.	left ventricular systolic dysfunction.
	7.	CHF.
Arabic Title Page	:	تبادل الغازات الرئوية ونوعية الحياة لدى مرضى هبوط البطين الأيسر.
Library register number	:	1599-1600.