

**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

2012

Author	:	AboAlyazid Mohamed AboAlyazid Ramadan.
Title	:	Outcome Measures Of Quality Of Life Using Inspiratory Muscles Trainer in Congestive Heart Failure Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr.
	2.	Amany Raafat Mohamed.
	3.	Abdo Mohamed Taha El azab.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Objectives: To evaluate the effect of inspiratory muscle training (IMT) on inspiratory muscle strength, cardiac muscle function regarding left ventricular ejection fraction and quality of life in patients with congestive heart failure. Background: Inspiratory muscle training is a technique that is designed to improve pulmonary function, level of dyspnea, inspiratory muscle strength and endurance, limb blood flow, six minutes walking distance, exercise tolerance, as well as health related quality of life in congestive heart failure patients. Methods: Thirty male patients were randomly selected from Cairo university hospitals (critical care department), their ages ranged from 50 to 65 years. They were divided into two equal groups study and control group ,Fifteen patients for each group, each patient of the study group received both Inspiratory Muscles training for 30 min and chest physical therapy for 15 min with frequency five sessions per week for one month, each patient of the control group received only chest physical therapy for 15 min with frequency five sessions per week for one month, All patients are clinically and medically stable as they were on standard cardiac medications all over the study. Pre and post study Maximal Inspiratory Pressure, Left Ventricular Ejection Fraction and Quality of life assessment was done for each patient of both groups. Result: There was a statistically difference in Maximal Inspiratory Pressure, Left Ventricular Ejection Fraction and Quality of life Scores that showed improvement in patients in both control and study group but this improvement was high statistically significant in study group . Conclusions: It is recommended to use Inspiratory Muscles Training with chest physiotherapy in order to improve inspiratory muscle strength, cardiac muscle function regarding and quality of life in patients with congestive heart failure.</p>		
Key words	1.	Congestive heart failure.
	2.	Inspiratory muscles training.
	3.	Quality of life.
Arabic Title Page	:	النتائج المستخلصة لنوعيه الحياه باستخدام جهاز تدريبات عضلات الشهيق في مرضى فشل القلب الاحتقاني.
Library register number	:	3075-3076.

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Author	:	Ahmed Adel Abd Elhamed Mannaa.
Title	:	The relationship between physical performance and some selected cardiopulmonary parameters on football players.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohammed Hassan.
	2.	Akram Abd Elaziz Sayed.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>Background: Cardiopulmonary exercise testing with ventilatory gas analysis provides information on cardiac performance, functional limitation and exercise limitations, and it is performed by progressive increasing work rate to help in determining the level of the subjects exercise limitation. The purpose: of this study was to evaluate the cardiopulmonary functions of the football players in order to predict the potentials of each one of them to avoid injury. Subjects: Sixty football players (males) were included in the study. The age of the football players ranged from 18-33 years old with a mean value of 24.48 and SD of ± 4.27. They were selected from the first and youth team of Wadi Degla Sports Club Team. Methods: All football players were evaluated and tested on a cardiopulmonary function test unit using cycle ergometer with increasing the work load 50 watt every 2 min till exhaustion in order to calculate their VO₂ max. Time spent on the cycle ergometer was calculated pre and post season. Blood samples were taken for lactic acid and arterial blood gas analysis pre and post season. Cooper test also was done to evaluate the football players' performance according to the distance taken in 12 min running. Results: There was a significant difference in the values concerning VO₂ max (increase), maximum heart rate (decrease), resting heart rate (decrease), time spent on cycle ergometer (increase), Cooper test (increase), and lactic acid analysis (decrease), also there was no significant difference in the value concerning blood gas analysis for all football players. Conclusion: Cardiopulmonary function testing was effective in detecting the potentials of each football player.</p>
Key words	1.	Football players.
	2.	Cardiopulmonary function testing.
	3.	VO ₂ max.
	4.	physical performance.
	5.	cardiopulmonary parameters.
Arabic Title Page	:	العلاقة ما بين الأداء البدني وبعض المؤشرات القلبية الرئوية المختارة على لاعبي كرة القدم.
Library register number	:	2969-2970.

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Author	:	Ahmed Shohta Shaaban El-Sayed.
Title	:	Response of Treadmill Versus Cycling on Constipation In Non- Insulin Dependent Diabetic.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry.
	2.	Helmy Mohamed Fayad.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>This study was undertaken to evaluate the effect of treadmill exercise versus cycling exercise on constipation in non-insulin dependant diabetic patients (type 2 diabetes mellitus). This study was conducted on thirty non-insulin dependant diabetic patients who were suffering from constipation. Their age ranged from 50-60 years and their BMI ranged from 30-40 kg/m². The patients were assigned into two groups. The first group (A) consisted of fifteen patients their mean BMI was 35.27 kg/m². They underwent supervised aerobic exercise training in the form of walking on treadmill for 3 sessions per week for 12 weeks. The second group (B) consisted of fifteen patients their mean BMI was 36.27 kg/m² All subjects have been participated in aerobic exercise training program (treadmill exercise for group (A) and cycling exercise for group (B).) which consisted of: ten minutes warming up, twenty minutes walking on treadmill or cycling at moderate intensity on Borg scale (12 to 16) and five minutes cooling down exercise. The exercised performed three times per week for twelve weeks. The result of the study showed that the aerobic exercise had a positive effect on constipation in non –insulin dependant diabetic patients and cycling exercise group showed better effect than treadmill exercise group.</p>		
Key words	1.	Constipation.
	2.	non-insulin dependent.
	3.	treadmill exercise.
	4.	cycling exercise.
Arabic Title Page	:	تأثير المشى على المشايه الكهربائيه مقابل العجله الارجومتريه على الامسك في حالات مرضى البوال السكري الغير معتمد على الانسولين.
Library register number	:	3071-3072.

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Author	:	Amal Mostafa Ahmed Abd El-Ghafar.
Title	:	Active cycle breathing technique versus flutter valve in cases of chronic obstructive pulmonary disease.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Serry.
	2.	Ibrahim Ibrahim Elmahallawy
	3.	Nesreen Ghareeb Elnahas.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>This study was designed to compare between the efficacy of Active cycle breathing technique versus flutter valve in clearing airway passages in patients with moderate level of Chronic Obstructive Pulmonary Disease ((FEV₁/FVC<0.70) , (50% ≤ FEV₁< 70%) .Thirty men patients with moderate COPD were included in this study with age ranged from 45 – 55 years old.They were assigned into two groups equal in number:Group (A), received active cycle breathing for 3 months, 3times/week , and Group (B), received forced expiratory pressure through flutter valve for 3 months ,3times/week . Evaluation was done for all patients by spirometric measures ,6minute walk test & borg scale ,All these measures taken before starting & after finishing treatment program. The results of this study revealed that there were no significant difference between ACBT and Flutter in these parameter (FVC ,FEV₁/FVC ,MVV ,6MWD and pulse rate). Conversely there was significant increase in (FEV₁) and So₂ in patients received active cycle breathing technique more than those who received flutter . Improvement in Gr.A in (FEV₁, FVC, FEV₁/FVC, MVV) by (17.47% , 10.81%, 10.53, 9.12%) respectively. Improvement in Gr.B in (FEV₁, FVC, FEV₁/FVC, MVV) by (13.8%, 4.78%, 6.6%, 7.6%) respectively . Result for 6MWT was improved in Gr.A in (distance, pulse rate and SO₂) by (20.87%, 1.87% &1.89) respectively. Improvement in 6MWT in Gr.B in(distance, PR &SO₂) by (12.38%, 0.88% &2.23%) (Borg scale) also show significant improvement in group A more than group B. Conclusion: Active cycle breathing technique is effective and play an important role in improving ventilation and clearing airway passage.</p>
Key words	1.	Chronic obstructive pulmonary disease
	2.	active cycle breathing
	3.	flutter valve
	4.	airway clearance
	5.	ventilatory functions
	6.	6minute walk test .
Arabic Title Page	:	تمريبات التنفس الدورية مقابل صمام الفلاتر في حالات الانسداد الرئوي المزمن.
Library register number	:	2987-2988.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Amani Zakaria Mohamed Saleh Aljammali.
Title	:	Effect of reflexology versus traditional therapy on ventilatory function test in patient with cervical spondylosis.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry.
	2.	Amira Mohamed Abd El Aziz.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Background: Cervical spondylosis (C.S) is a common degenerative condition of the cervical spine. It is most likely caused by age-related changes in the intervertebral disks. Ventilatory function tests help in evaluation of the mechanical function of the lung. Objective: The aim of this study was to investigate the effect of reflexology versus traditional therapy on ventilatory function in patient with cervical spondylosis. Method: Forty five patients (33men+12 women) with cervical spondylosis were assigned to three groups equal in number. All groups participated in this program for a period of 12 sessions (3sessions/ week). Results: there were no significant difference within (1) control group, received no treatment,(2) traditional group received designed physical therapy programs, (3) reflexology group received designed physical therapy programs pulse reflexology pre-treatment and post-treatment on the ventilatory function tests. Conclusion: no significant effect on ventilatory function test in patients suffered from cervical spondylosis. On other hand there were highly significant effects on pain control on group 3 program more than group 2 programs on cervical spondylosis patients.</p>		
Key words	1.	Reflexology.
	2.	Cervical spondylosis.
	3.	ventilatory function.
	4.	Traditional therapy.
Arabic Title Page	:	تأثير الريفلكسولوجي مقابل العلاج تقليدي على وظائف التهوية الرئوية في مرضى خشونة الرقبة.
Library register number	:	2771-2772.

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Author	:	Anan Elsaid Mohammed Zuhairy.
Title	:	Effect of Continuous Ultrasound Therapy on Blood Flow for Foot Problems in Patients with Diabetes.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr.
	2.	Mostafa Abd El Same Mahmoud.
	3.	Nesreen Ghareeb Mohamed Elnhas.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>The purpose of this study was to determine the effect of continuous ultrasound on blood flow for foot problems in patients with diabetes. Methods: The study was carried out on thirty diabetic patients (type2), of both sexes, their ages ranged from 30 - 50 years suffering from diabetic polyneuropathy. Patients selected from Damitta general hospital from vascular department. The patients were assigned into 2 equal groups in number. Study group who received the continuous ultrasound therapy for 15 minutes, three times\week for eight weeks on the popliteal area and femoral area in addition to the conservative and medical treatment. Control group who received conservative and medical treatment. Both groups underwent investigation for Doppler ultrasound, monofilament and hot\cold discrimination tests pre and post program. Results: The results of this study declared that the study group showed improvement in blood flow (decreasing percent of stenosis, increasing blood velocity) and improved sensation(superficial and pressure sensation) than in control group. Conclusion: it was concluded that continuous ultrasound program is a benefit modality to be used as conservative treatment for preventing diabetic foot problems.</p>		
Key words	1.	diabetic foot problems.
	2.	continuous ultrasound.
	3.	Monofilament.
	4.	hot test.
	5.	cold test.
	6.	Doppler.
	7.	Ultrasound Therapy.
	8.	foot problems with Diabetes.
	9.	Blood Flow.
Arabic Title Page	:	تأثير الموجات فوق الصوتية المستمرة على سريان الدم لمشاكل القدم في مرضى السكر.
Library register number	:	3073-3074.

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Author	:	Christeen Philip Watson Sadaak.
Title	:	Response of liver enzymes to weight reduction versus aerobic exercise in patients with fatty liver.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abdel El Aziz Abd El Hady.
	2.	Nessren Ghareb Mohamed El nahas.
	3.	Amany Edward Assad.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>The purpose of this study was to determine the response of liver enzymes to aerobic exercise versus weight reduction in patients with fatty liver. Methods: The study was carried out on 30 women who had fatty liver with elevated liver enzymes, the age ranged between 30-40 years, they were selected from the out patient clinic of internal medicine in Elminya general hospital. The patients were assigned into 2 equal groups in number. Group (A) who received weight reduction program and aerobic exercise training program on electronic treadmill with moderate intensity (60-75% from Max HR) for fifty minutes 3 times per week for eight weeks. Group (B) who received weight reduction program only. Both group underwent liver enzymes (ALT, AST) pre and post program. Results: The results of this study showed that there was no significance difference between group (A) and group (B) In liver enzymes (ALT), (AST), body weight and body mass index, but in group (A) there was more improvement decreased in liver enzymes, body weight and body mass than in group (B). Conclusion: it was concluded that aerobic exercise with weight reduction program is more benefit to fatty liver patient.</p>		
Key words	1.	fatty liver.
	2.	aerobic exercise.
	3.	weight reduction.
	4.	liver enzymes.
Arabic Title Page	:	تأثير التمرينات الهوائية وانقاص الوزن على انزيمات الكبد في مرض الكبد الدهني.
Library register number	:	2927-2928.

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Author	:	El Sayed Mohamed Atwa Ali Hanoura.
Title	:	Effect of Moderate Intensity Exercise on Plasma Level of Interferon Alpha in Patients with Hepatitis C.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Foad Rahmy.
	2.	Bahgat Ragy.
	3.	Heba Fouad Ahmed Pasha.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>Background: The aim of this work was to investigate the Effect of Moderate Intensity Exercise on Plasma Level of Interferon Alpha in Patients with Hepatitis C. Subjects and Methods: Forty HCV patients were classified into two equal groups; each group consisted of twenty subjects. Group A: (study group) consists of 12 males and 8 females patients, received Interferon alpha plus Ribavirin therapy according to the guidelines of the national committee for control of viral hepatitis C in Egypt; in addition to a program of aerobic exercise (30 minute treadmill exercise three times weekly for three months during Winter). Group B: (control group) consists of 11 males and 9 females patients, received only Interferon alpha plus Ribavirin therapy according to the guidelines of the national committee for control of viral hepatitis C in Egypt. All patients were evaluated before and after training program, measuring plasma level of interferon alpha (α) by a specialized physician in a specialized laboratory. Results and Conclusion: Comparison of the mean values of Plasma Level of Interferon Alpha revealed that the moderate intensity exercise was significantly effective in increasing its level in the study group while surprisingly treatment with synthetic interferon alpha significantly decreased mean value of interferon alpha in the control group, and this may be due to timing of taking blood samples from patients of group B may be after the peak concentration of synthetic interferon therapy.</p>
Key words	1.	interferon alpha.
	2.	Hepatitis C patients.
	3.	moderate intensity exercises.
	4.	Plasma Level of Interferon Alpha.
	5.	Interferon Alpha.
Arabic Title Page	:	كفاءة التمرينات متوسطة الشدة علي مستوي الانترفيرون ألفا في الدم لمرضي الفيروس الكبدي "سى".
Library register number	:	3025-3026.

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Author	:	Eslam Mohamed Nasr El Komy.
Title	:	Left Ventricular Parameters In Response To Peripheral And Central Obesity.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra m. Hassan Serry.
	2.	Hesham Hassan Ibrahim.
	3.	Aisha Abd Elmonem Soliman.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Purpose of the study, this study was to differentiate between the effect of central and peripheral obesity in young obese women on ventricular parameters. Study design, Sixty adult women were recruited for this study. their ages ranged from 20-30 years old ,include 20 normal weight subjects their BMI ranged between 20-24.9 and 40 obese subjects their BMI ranged between 30-34.9.They were divided into three equal groups: Group A :twenty women who are normal.(control group).Group B : twenty women who have peripheral obesity. Group C: twenty women who have central obesity. All the patients will perform echo to record changes in left ventricular parameters. Results, there was significant difference between the effect of central and peripheral obesity on the left ventricular parameters on young obese women.</p>		
Key words	1.	Peripheral obesity.
	2.	Central obesity.
	3.	Measurements of the left ventricle.
	4.	BMI.
Arabic Title Page	:	تغيرات قياسات البطن الايسر استجابة للسمنة الطرفية و المركزية.
Library register number	:	2783-2784.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Fatema Mohamed Hamid El-Dolil.
Title	:	Physical Therapy Role and Its Importance in The Intensive Care Units in Cairo University Hospitals (A Survey Study).
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Muneer Osman Amin.
	3.	Akram Abd El-Aziz Sayed.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Background: During bed rest in the intensive care unit, adverse effects are seen on the respiratory, musculoskeletal, and nervous systems. As a result, physiotherapists are involved in the prevention of pulmonary, musculoskeletal and integumentary complications, by many techniques like chest physiotherapy, mobilization and proper positioning of the patients. Objectives of this survey study was to identify the physical therapy role and its importance in the intensive care units. Methods: This study included 1000 of critically ill patients who did not receive proper physical therapy. Those patients had complications due to improper physical therapy. The prevalence of these complications differing in them in terms of: age, sex, diabetes, and habit (smoking) was described in this study. Conclusion: Physical Therapy has an important role in the ICUs as large percent of patients in the ICU had complications due to improper physical therapy. Early physical therapy is an integral part of the management of patients in intensive care units, aiming to enhance the patient's functional capacity and to restore his/her respiratory and physical independence, thus decreasing the risks of bed rest associated complications, and prevent these complications.</p>		
Key words	1.	Physical therapy
	2.	ICU (Intensive Care Units)
	3.	Immobility
	4.	Complications.
	5.	Cairo University Hospitals.
Arabic Title Page	:	دور العلاج الطبيعي وأهميته في وحدات العناية المركزة في مستشفيات جامعة القاهرة (دراسة مسحية).
Library register number	:	2981-2982.

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Author	:	Haytham Hamed Mahmoud Hamad.
Title	:	Response Of Diaphragmatic Excursion To Inspiratory Muscle Trainer Post Thoracotomy.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd ELAziz Abd EL- Hady.
	2.	Mohamed Abd El-Alim Sayed.
	3.	Nesreen Ghareeb El-Nahas.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Thoracotomy is a great surgery that has serious pulmonary complications. Purpose: to determine the response of diaphragmatic excursion to inspiratory muscle trainer post thoracotomy. Method: Thirty patients of both sexes (16men and 14 women) with age ranged from 20 to 40 years old had done thoracotomy participated in this study. The practical work was recruited from cardiothoracic department, Kasr –EL-Aini hospital at faculty of medicine for individuals 3 days Post operatively. They were assigned into two groups: group A(study group) included 15 patients (8 men and 7 women) who received inspiratory muscle training by using inspiratory muscle trainer for 20 minutes and routine chest physiotherapy(deep breathing, cough and early ambulation) twice daily, 3 days per week for one month. Group B (control group) included 15 patients (8 men and 7 women) who received the routine chest physiotherapy only (deep breathing, cough and early ambulation) twice daily, 3 days per week for one month. Ultrasonography was used to evaluate the changes in diaphragmatic excursion before and after training program. Results: Statistical analysis revealed a significant increase in diaphragmatic excursion in the study group (59.52%) more than control group (18.66%) after using inspiratory muscle trainer post operatively in patients post thoracotomy. Conclusion: usage of inspiratory muscle trainer as a method of rehabilitation to improve strength of inspiratory muscles and reduce post operative pulmonary complications post thoracotomy.</p>		
Key words	1.	Inspiratory Muscle Trainer.
	2.	Diaphragmatic Excursion.
	3.	Thoracotomy.
Arabic Title Page	:	استجابة حركة الحجاب الحاجز لجهاز تقوية التنفس بعد جراحات الصدر.
Library register number	:	3079-3080.

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Author	:	Heba El-Rahaman M. Kamal.
Title	:	Ventilatory function Response in Relation to Osteopathic Techniques in Asthmatic Children.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A. Abdel Hady.
	2.	Nevien E. El-Helaly.
	3.	Nesreen Ghareb Mohamed.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>The aim of this study was to investigate the response of ventilator function test to specific osteopathic manipulative on pediatric patient with Asthma. This study was conducted on thirty patients with asthma, their age ranged between 6-13 years old. The patients were assigned to intervention group (n=15) and control group (n=15). Procedures took from March 2011 to March 2012. The intervention group underwent six osteopathic sessions once per week for six weeks. Each session included general cervical myofascial release, suboccipital release, pectoral release, diaphragmatic release and rib raising technique. All patients performed ventilatory function test as a pre – post assessments. It was concluded that specific osteopathic manipulative techniques resulted in a significant increase in FEV1, FEV1/FVC, FEF25 – 75. FEV1 increased significantly with a mean of increase 15.53% of P-value ≤ 0.005, FEV1/FVC increased with statistical significance with a mean of increase 10.93% of P-value ≤ 0.004 and FEF25-75 increased significantly with a mean of increase 24.13% of P-value ≤ 0.0001. MMV was increased but without statistical significance with a mean of increase 7.73%, and there was no effect on FVC in pediatric patient with asthma.</p>		
Key words	1.	Osteopathy.
	2.	suboccipital release.
	3.	Cervical soft tissue release
	4.	pectoral release.
	5.	diaphragmatic release.
	6.	rib raise technique.
	7.	Asthma.
	8.	ventilator functions.
Arabic Title Page	:	تأثير استخدام تقنيات الاستيوباثي (العلاج التقويمي) على وظائف الرئة في الأطفال المصابين بالحساسية الصدرية.
Library register number	:	3021-3022.

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Author	:	Hisham Ahmed Al Waseif Zied.
Title	:	Efficacy Of Aerobic Exersice On Liver Enzymes In Obese Female.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Nehal Hamdy Al-Said.
	3.	Nesreen Ghareb Mohamed El Nahas.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>Objective: to determine the effect of aerobic exercise training (treadmill) on hepatic liver enzyme concentration (AST and ALT) in obese women in different classes' obesity (class I and II).Methods of evaluation: (measurement of weight, body mass index and liver enzymes (AST and ALT) were recorded at the beginning and after 3 months for both groups. Subject: Forty obese women participated in the study, selected from medical care of Radio and Television union, their age ranged from 30 to 45 years. They were assigned into two groups (group I) class I obesity with BMI30-34.9 kg/m² and (group II) class II obesity with BMI 35-39,9kg/m² received weight reduction program in form of aerobic exercises for duration 30 minutes and balanced diet program, every other day for 3 months. Results: The results revealed that aerobic exercises with balanced diet program are effective in the decrease weight, BMI and in liver enzymes in both groups but more effective in group II (class II obese women) conclusion: It was concluded that aerobic exercises are effective in avoidance of fatty liver disease by decreasing liver enzymes in obese women.</p>
Key words	1.	aerobic exercise.
	2.	liver enzymes.
	3.	obesity.
Arabic Title Page	:	تأثير التمرينات الهوائية على انزيمات الكبد في السيدات البدنيات.
Library register number	:	2765-2766.

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

Author	:	Iman Zakarei Mahmoud.
Title	:	Would Respiratory Muscle Training Be Effective For Intensive Care Patients After Extubation.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Mustafa Al Shazly.
	3.	Sherin Hassan Mohammed.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Background and purpose: Thirty nine percent of all patient admitted in ICU receive mechanical ventilation, prolonged mechanical ventilation promotes respiratory muscle weakness. The main purpose of this study was to investigate the effect of respiratory muscle training in the management of intensive care patients after extubation. subjects and Methods: This study was conducted on thirty patients (men and woman) with various diagnosis who were extubated after mechanical ventilation and selected from ICU in El kasr El Aini Hospital and divided into two groups, group A: fifteen patients as a study group and group B : fifteen patients as a control group. Exclusion criteria: Patients who were confused, who had cardiovascular instability, neuromuscular disease (neuropathy-myopathy) and Burns to thorax, were excluded. After obtaining of a baseline assessment, both groups received traditional physiotherapy care (breathing exercises, right way of cough, patient mobilization, percussion, and vibration and postural drainage) beside their usual medical treatment. The study group was involved in a training program where two sessions of inspiratory muscle training per day (from 5-30 minutes) for two weeks were designed to increase the strength and endurance of inspiratory muscles using inspiratory muscle trainer. Reliable inspiratory pressure load is achieved regardless of air flow. It was adjusted according to maximum inspiratory pressure, starting with 1/3 maximum inspiratory pressure progress to 60%. Results : collection and analysis of the data revealed that there was evident improvement in maximum inspiratory pressure at mouth which increased from 25.93±4.68 cmH2O to 69.87±16.61 cmH2O in group (A) and increased from 25.67±4.69 cmH2O to 52.2±8.27 cmH2O for group (B). (P-value =0.001) and an increase in total vital capacity which increased from 1012.47±129.5 CC to 1910.33±397.06 CC in group (A) while in group (B) increased from 1007.6±149.39CC to 1443.07 ±168.69 CC (p-value =0.001). Oxygen saturation was increased from 89.67 ±2.87% to 95.20±2.96% in group(A) and group (B) from 89.4±2.85% to 95.67±2.35%, with no statistical significant difference between two groups. Conclusion: inspiratory muscle training using inspiratory muscle threshold trainer in intensive care mechanically ventilated patients after extubation showed improvement in maximum inspiratory pressure at mouth and vital capacity, both groups showed an improvement in arterial blood gas analysis with no significant difference between both groups.</p>		
Key words	1.	inspiratory muscle training.
	2.	blood oxygen saturation.
	3.	post extubation.
	4.	maximum inspiratory pressure.
Arabic Title Page	:	هل تدريب عضلة التنفس مؤثر لمرضى الرعاية المركزة بعد فصل الأنبوبة الحنجرية.
Library register number	:	2821-2822.

**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**

Author	:	Islam Mostafa Ibrahim Khalil.
Title	:	Effect of Aerobic Training on Selected Haematological measurement.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Nahed Ahmed Abdelghany.
	3.	Nesreen Gharib Elnahas.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>Background: Physical inactivity result in many complications such as muscle weakness, stagnation of blood flow and joint stiffness. Objectives of this study were to determine the effect of aerobic training on selected hematological measurement (Hemoglobin, Red blood cells, White blood cells and Platelets). Methods: Sixty healthy subjects of both sexes (30 man-30 woman) with age 20-30 years participated in this study were assigned into two groups equal in number. Each group included 30 subjects. GrA performed aerobic training at 50% MHR and GrB performed aerobic training until symptoms limiting exercise appear. Aerobic training done on Ergometry for one month 3 sessions per week. Blood sample was taken before and after training measuring (Hb, RBCS, WBCS, and PLT). Results: GrA results is nonsignificant in (Hb, RBCS, WBCS, and PLT) and GrB results is significant in (Hb, RBCS, WBCS, and PLT) ($P < 0.05$). The obtained data revealed an increase in measured hematological parameters (Hb, RBCS, WBCS, and PLT) with percentage of improvement of 5.6%, 5.18%, 12.67%, 6.98% respectively. Conclusion: Aerobic training until symptoms limiting exercise appear in form of Ergometry produced increase in measurements of (Hb, RBCS, WBCS, and PLT).</p>
Key words	1.	Hb.
	2.	RBCS.
	3.	PLT.
	4.	WBCS.
	5.	aerobic training.
Arabic Title Page	:	تأثير التدريبات الهوائية علي مقاييس الدم المختاره.
Library register number	:	2949-2950.

**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**

Author	:	Magda Mohamed Abd EL Latif.
Title	:	Effect of aerobic exercise and diet on lipoprotein-associated phospholipase A2 in obese patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Akram Abd ElAziz Said.
	3.	Abd el Mohsen Mostafa.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Purpose: The purpose of this study was to assess the effect of aerobic exercises and diet on hypercholesterolemia and associated lipoprotein phospholipase A2 in obese patients; thirty patients were enrolled in this study their age ranged from 30-45 years old they received program of aerobic exercise .This program was applied three times per week for three months. lipid profile(cholesterol, triglycerides, low density lipoprotein and high density lipoprotein) and lipoprotein phospholipase A2 levels were measured for each patient before and after three months. Results: There was a significant decrease in Lipid profile (cholesterol, triglycerides and low density lipoprotein were decreased and high density lipoprotein was increased), phospholipase A2 was low significant and body weight was significant decreased after aerobic exercises and diet . Conclusion: There was significant decrease in lipid profile(cholesterol, triglycerides and low density lipoprotein, phospholipase A2 and high density lipoprotein was increased) after aerobic exercise and diet where the level of significance was (P<0.05).</p>		
Key words	1.	Lipid profile.
	2.	LP-PLA2.
	3.	Aerobic exercise.
	4.	Diet.
	5.	lipoprotein-associated phospholipase A2.
	6.	obesity.
Arabic Title Page	:	تأثير النظام الغذائي والتمارين الهوائية على البروتين المصاحب لزيادة الكوليستيرول في مرضي السمنة.
Library register number	:	2995-2996.

**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**

Author	:	Mai Abd El Ghani Eid Sayed Ahmed.
Title	:	Efficacy of positive expiratory pressure on arterial blood gases in chronic obstructive pulmonary disease patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr.
	2.	Khalid Eid Sobhy Saad.
	3.	Fatma Aboel-magd M. Hamid.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Chronic obstructive pulmonary disease is a major and increasing global health problem with enormous amount of expenditure of indirect/direct health-care costs. The aim of this study was to determine the efficacy of positive expiratory pressure on arterial blood gases in chronic obstructive pulmonary disease patients. Forty patients had chronic obstructive pulmonary disease participated in this study. They were divided into two groups: study group who received their medications and positive expiratory pressure therapy by using threshold positive expiratory pressure twice daily, three sessions per week from ten to twenty minutes per session for two weeks. And the control group who received their medications only. Arterial blood gases (P_aO_2 and P_aCO_2) were measured for all patients participated in the study before and after the training in the study group and two weeks apart in the control group. Analysis of the results showed statistical significant improvements in arterial blood gases (P_aO_2 and P_aCO_2) after two weeks of using threshold positive expiratory pressure in the study group as compared to the control group. Threshold positive expiratory pressure can be introduced as a method of treatment for COPD patients to improve their arterial blood gases (P_aO_2 and P_aCO_2).</p>		
Key words	1.	Positive expiratory pressure.
	2.	Arterial blood gases.
	3.	Chronic obstructive pulmonary disease.
Arabic Title Page	:	تأثير الضغط الزفيرى الإيجابى على غازات الدم في مرضى السدة الرئوية المزمنة.
Library register number	:	2735-2736.

**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

Author	:	Marwa El-Helali El-Sherbeni El-Sherbeni.
Title	:	Impact of exercise program on tibial Doppler evaluation in diabetic atherosclerosis.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagib Salem
	2.	El-Hadidi El-Hadidi Mohamed
	3.	Sherine Hassan Mohamed
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>Background: Intermittent claudication increased in patients with diabetic atherosclerosis. Purpose: Was to determine the effect of exercise on tibial Doppler ultrasound in patients with diabetic atherosclerosis. Subjects and methods: The study involved sixty men suffered from diabetic atherosclerosis with intermittent claudication with their age ranged from (43-59)years. In this study, patients were randomly divided into three groups, each group composed of twenty patients. Patients in all groups were treated by the same traditional medical treatment. Patients in group(A) also received exercise training program(treadmill& buerger's exercise) 3sessions per week accompanied with their medical treatment and dieting program for three months, while patients in group(B) received (buerger's exercise) 3sessions per week accompanied with their medical treatment and dieting program for three months, but patients in group(C) received their medical treatment only and dieting program. Evaluation was done for all patients by measuring posterior tibial artery diameter using Doppler ultrasound, measuring blood glucose level in fasting (FBG)& 2hours postprandial(2h-PPG), pain free walking distance (PFWD), and maximum walking distance (MWD). Results: Showed more improvement in group A more than group B , and prognosis in both A and B groups more than group C, the three months (PTA) diameter significantly increased in group A(45.13%), group B(26.48%),while it was non significantly increased in group C (2.06%). Three months(PFWD)significantly increased in group A(33.7%), group B(26.7), and significantly increased in group C (0.86%), while three months(MWD)significantly increased in group A(48.32%), group B (40.78%), and in group C (9.46%), three months (FBS)significantly decreased in group A (20.06%), group B (11.02%), and in group C (9.41%). Finally three months (2h-PPG) significantly decreased in group A (23.47%), group B (19.02%), and in group C (17.48%). Conclusion: Exercise training programs (treadmill and buerger's exercises or buerger's exercise alone) were effective in improving PTA diameter, PFWD, MWD, FBG, and 2h-PPG in diabetic atherosclerosis patients by measuring the effect of exercise training program on posterior tibial artery diameter.</p>
Key words	1.	Diabetic atherosclerosis.
	2.	Doppler ultrasound.
	3.	treadmill exercise.
	4.	buerger's exercise.
	5.	blood glucose level.
Arabic Title Page	:	تأثير برنامج التمرينات على قياس دوبلر الساق لمرضى السكر المصاحب بتصلب الشرايين

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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GERIATRICS AND ITS SURGERY**

PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Library register number	:	2959-2960.
Author	:	Mina Atef Georgui Elias.
Title	:	Physical therapy intervention after intra-articular hyaluronate in knee osteoarthritis.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A. Abdel-Hady.
	2.	Osama Ibrahim Ghali.
	3.	Lilian Albert Zaki.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Purpose of the study: This study was conducted to evaluate the effect of adding ultrasound therapy to intra-articular hyaluronate therapy in treatment of knee osteoarthritis in geriatrics. Study design: Forty patients (26 females and 14 males) age ranging from (65-75) years were assigned randomly to two equal groups. The study group received intra-articular hyaluronate once weekly for three successive weeks in addition to 12 sessions of 1MHz ultrasound, 10 minutes in each session at a rate of three sessions per week. While the control group received only intra-articular hyaluronate once weekly for three successive weeks. All patients were assessed for pain, functional ability and limitation in ROM before, and immediately after one month of treatment using OB goniometer, 6MWT, and WOMAC questionnaire index. Results: there was a significant improvement in all three measured parameters before and after treatment for each group, and there was a significant difference ($p<0.05$) between the study group and the control group. Conclusion: Ultrasound therapy (1MHz, 1.5W/cm², 10 minutes/session, 12 sessions) when used simultaneously with intra-articular Hyaluronate therapy can be more beneficial than using the intra-articular Hyaluronate alone, in the management of knee osteoarthritis in geriatrics.</p>		
Key words	1.	Ultrasound.
	2.	intra-articular hyaluronate.
	3.	hyaluronic acid.
	4.	knee osteoarthritis, geriatrics.
	5.	WOMAC index.
Arabic Title Page	:	تدخل العلاج الطبيعي بعد استخدام مادة الهيالورونات في حالات التهاب مفصل الركبة
Library register number	:	2715-2716.

**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**

Author	:	Mohamed Khairy Mansour.
Title	:	Effect of Cycle Ergometer on Electrocardiogram ST-elevation in post Myocardial Infarction patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Naguib Salem.
	2.	Ahmed Hussein El Sherief.
	3.	Hany Ezzat Obaya.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Objective: This study aimed to study the Effect of Cycle Ergometer on Electrocardiogram ST-elevation in post-Myocardial Infarction patients. Study design: Fourty volunteer male patients post myocardial infarction their age ranged from 40 to 60 years old participated in this program, they were clinically stable, electrocardiogram was performed at the beginning and at the end of the treatment program, Blood samples were collected at the beginning and after the treatment program to study lipid profile while blood pressure and pulse rate were measured (before, during and after)each session. The treatment program was for four months, three times per week. Results: The mean ST- segment elevation pretreatment was assessed to be averaged between leads of same territory and was found to be 0.017 ± 0.05 mv with maximum at 0.2 mv(2 small squares at calibration of 1mv) that became significantly lower 0.008 ± 0.027 mv post-treatment with maximum of 0.1 mv elevation and the p value was significant (0.044) The delta change (decrease in ST elevation) was averaged to be -7.5 ± 24.15 % of the baseline elevation in the whole population. The whole number of cases with ST elevation pre treatment was 40 vs. 39with p value of 0.15 that showed insignificant difference before treatment there was 35/40 (87.5%) of patients who had PVCs (premature ventricular contractions) that was improved in the follow up ECG after rehabilitation program ,there was significant improvement in lipid profile level, in total cholesterol, The percentage of improvement was 9.18 %, in LDL, The percentage of improvement was 8.07 % and in HDL, The percentage of improvement was 4.49 %.in systolic blood pressure, The percentage of improvement was 4 .12% in diastolic blood pressure, The percentage of improvement was 4.22 %.</p>		
Key words	1.	Myocardial infarction.
	2.	Electrocardiogram.
	3.	ST-elevation.
	4.	Cycle ergometer.
Arabic Title Page	:	تأثير العجلة الأرجومترية علي التغيرات في تخطيط القلب الكهربائي ارتفاع المقطع س - ت لمرضي ما بعد احتشاء عضلة القلب.
Library register number	:	2971-2972.

**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**

Author	:	Neema Mohammed Gahreeb.
Title	:	Response of spider leg veins to diode laser therapy in women.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry.
	2.	Ahmad Abde Aal.
	3.	Samah Mahmoud Ismail
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>The aim of this study was to investigate the efficacy of diode laser therapy on spider leg veins on wave length (850nm) to relief symptoms and cosmetic appearance. Thirty women patients with lower extremity spider veins at thigh region participated in this study their age ranged from 35 to 45 years and their body mass index (BMI) 30-35kg\m² (class I)obesity, they were divided randomly into two equal groups . Group A (study group): received low level diode laser therapy (850 nm) for (2 sessions/ week, 20 min/session for 8 weeks).while Group B (control group): took their medications only .Doppler and BMI were measured at the beginning of the study for both groups while the photo, sign and symptoms and pain measured at the beginning and end of the of the study for both groups. The results showed a highly significant improvement of all measured parameters in the study group as compared to control group. This finding suggested that diode laser is an important factor to be considered in management of spider leg veins patients.</p>		
Key words	1.	varicose veins.
	2.	low level diode laser.
	3.	spider vein.
	4.	leg - spider veins.
	5.	diode laser therapy in women.
	6.	Lasers.
Arabic Title Page	:	استجابة الأوردة العنكبوتية بالأرجل للعلاج بالديود ليزر في السيدات.
Library register number	:	3063-3064.

**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**

Author	:	Noha Mohamed Abd El Hafeez.
Title	:	Vascular changes related to diabetes mellitus in physical therapy (A literature review).
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A. Abdel-Hady.
	2.	Nesreen Ghareeb Mohamed El Nahas.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Diabetes mellitus become more prominent and much more widely spread problem all over the world, More than 200 million people worldwide suffer from diabetes mellitus (DM) and it is estimated that this number will rise to 366 million by 2030. DM and the complications associated with the disease cause immense distress for the patients and their families, and they impose an enormous economical burden on society. In particular, the late-stage complications are debilitating and related to increased hospital in-patient care. This review was to provide evidence based practice about this phenomenon ,medical libraries were searched using a variety of keywords, search results were presented in 3 main sections(predictors of diabetes ,modifiable factors and risk factors and prevention of diabetes mellitus) the level of evidence “the scottish intercollegiate guideline network”(SIGN) were used to detect the level of evidence behind each section for the purpose of the comparison and discussion. From this review a series of clinical and research recommendations were driven to decrease the appearance of this phenomena.</p>		
Key words	1.	Diabetes mellitus.
	2.	micro vascular complications.
	3.	macro vascular complications.
	4.	physical therapy.
Arabic Title Page	:	تغيرات الأوعية الدموية في البوال السكري (دراسة مرجعية).
Library register number	:	2867-2868.

**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**

Author	:	Sally Said Ebrahim.
Title	:	Prevalence factors of falling among elderly. (Survey Study).
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr.
	2.	Zahra Mohamed Hassan Serry.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Background: Prevalence,risk factors of falling among elderly people (Survey Study). Objectives: This study was to determine the degree to which these risk factors differ in individual in terms of intrinsic factors and extrinsic .Methods: 1000 elderly subjects of both sexes have participated in this study from geriatric clubs and geriatric homes [Cairo-Mansoura City]. There ages were ranged from 60 years old & up. All elderly were asked to fill a specific questionnaire interview. Results: The obtained data revealed a statically significant increase the percentage of the extrinsic risk factors of falling among elderly. Conclusion: Most falls happened as a result of tripping and slipping in association with intrinsic factors in both indoors and outdoors in addition with extrinsic factors which are more prevalent in outdoors.</p>		
Key words	1.	Risk factors.
	2.	Falling.
	3.	Elderly.
	4.	Prevalence factors.
Arabic Title Page	:	عوامل انتشار السقوط عند المسنين (دراسة مسحية).
Library register number	:	2795-2796.

**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**

Author	:	Samy Ahmed Abdou Zaher.
Title	:	Effect of aerobic exercise on serum calcium and phosphorus in patients under renal haemodialysis.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan.
	2.	Helmy Mohamed Ebrahim.
	3.	Nesreen Ghareeb Mohamed.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>The aim of this study was to determine the effect of aerobic exercise on serum calcium and phosphorus in patients under renal haemodialysis. Thirty men patients under renal haemodialysis selected from the out patient clinic of the Mitghamer Nephrology and Urology Hospital. The patient's age ranged between 45 to 60 years. They were assigned into two equal in number groups. Group (A) who received a program of moderate intensity aerobic exercise (60-70%MHR), Group (B) who received a program of light intensity aerobic exercise (40-60%MHR). The treatment program continued for 8 weeks (3 sessions of exercise per week). Laboratory investigations for serum calcium and phosphorus were measured at the beginning and after the treatment program for all patients of the two groups. The results of this study revealed a significant increase serum calcium and significant decrease serum phosphorus in both groups. Group (A) is superior than Group (B). The result of this study concluded that moderate intensity aerobic exercise (60-70%MHR) is beneficial than of light intensity aerobic exercise (40-60%MHR) in modulating serum calcium and phosphorus in hemodialytic patients.</p>		
Key words	1.	Haemodialysis.
	2.	Aerobic exercise.
	3.	Calcium and phosphorus.
	4.	UNDER RENAL HAEMODIALYSIS.
Arabic Title Page	:	تأثير التمرينات الهوائية على مستوى الكالسيوم والفسفور في مرضى الغسيل الكلوي.
Library register number	:	2999-3000.

**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**

Author	:	Sara Said Youssef Ali.
Title	:	Evaluation of Low level laser therapy on body constitution and leptin hormone by radioimmunoassay.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan serry.
	2.	Fatma Abo el-magd M. Hamid.
	3.	Einas Shafie Salem.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Background: Asymmetric fat distribution with excessive fat accumulation in particular areas often affects a person's self-image, self-esteem, and overall quality of life. Purpose of the study: to investigate the efficacy of the low level laser therapy (LLLT) on body constitution and leptin hormone by radioimmunoassay. Methods: Twenty women were included in this study. Their ages ranged from 30-40 years. They were divided into two groups of equal number. Procedures: - Group A (Overweight group): included 10 women with BMI \geq 25- 29.9-Group B (Obese group): included 10 women with BMI \geq 30.both groups received LLLT, for 30 minutes, 2 times per week for 8 weeks as a total period of treatment. BMI, WC, HC, WHR, serum Leptin, cholesterol and triglyceride level were measured before and after finishing the study. Results: There was significant improvement in anthropometric measurements(on both abdomen and thigh fats) of both groups treated with low level laser therapy, decrease in serum leptin level in over weight group and increase in triglyceride serum level in both groups within normal level Conclusion: low level laser therapy is effective as a non-invasive & safe method of body contouring .</p>		
Key words	1.	low level laser therapy.
	2.	Leptin.
	3.	Obesity.
	4.	adipose tissue.
	5.	Radioimmunoassay.
Arabic Title Page	:	تقييم العلاج بالليزر من خفض الشده على بنية الجسم وهرمون الليبتين بواسطة تقنيات المناعه الاشعاعيه.
Library register number	:	3157-3158.

**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**

Author	:	Seham Abd Rabou Mohammed.
Title	:	Response Of Walking Versus Stationary Cycling In Chronic Obstructive Pulmonary Disease.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Mostafa Mahmoud Shatin.
	3.	Gihan Samir Mohamed.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>Objectives: The study aimed to investigate the response of walking versus stationary cycling in chronic obstructive pulmonary disease. Study design: twenty male patients with moderate chronic obstructive pulmonary disease ($FEV_1 / FVC < 0.7$ and $FEV_1 < 80\%$ of predicted and $\geq 50\%$ of predicted), their age ranged from 45 to 55years old, and body mass index ($20-24.9 \text{ Kg/m}^2$). The study lasted for 6 weeks included 18 sessions, 3days per week (with duration 20-30 min per session. The exercise included proper warm up and cool down for 5 minutes and actual exercise for 10-20 minute) from April-2012 to August-2012. They were chosen from chest outpatient clinic in Abo homes Elaam Hospital. They were divided into two groups'. Group (A) had 10 patients who received medical treatment and participated in a program of walk training at 60%-70% of maximum heart rate. Group (B) had 10 patients who received medical treatment and participated in a program of cycle training on stationary cycle at 60%-70% of maximum heart rate. Pulmonary function test (FEV_1, FVC, FEV_1 to FVC ratio, $FEF_{25-75\%}$) were done for the two groups before and after 6 weeks of training and six minute walk test was also done to measure the distance the patient walked in 6 minute for the two groups before and after 6 weeks of training. Result: there was a significant increase in FEV_1, FVC, $FEV_1 / FVC\%$, and $FEF_{25-75\%}$ and a significant increase in 6MWD Within patients (group A, group B) after 6 weeks of exercises with no significant difference between groups. Conclusion: it can be concluded that walk training is effective in improving exercise capacity in people with COPD, similar to equipment-dependent training such as cycle training; it would provide a cheap and an easily available training modality, particularly for those living in places with limited resources such as rural and remote areas.</p>
Key words	1.	COPD (Chronic Obstructive Pulmonary Disease).
	2.	walking exercise.
	3.	stationary cycling exercise.
Arabic Title Page	:	استجابة المشي مقابل العجلة الثابتة علي السده الرنويه.
Library register number	:	3173-3174.

**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**

Author	:	Shaimaa Elsaied Elsayed Elkholy.
Title	:	Effect of exercise versus Orlistat therapy on body fat in anaemic obese women.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd Al Aziz Abd El Hady.
	2.	Aliy Saber Abo Elaa.
	3.	Gihan Samir Mohamed.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Background & purpose: obesity is a major health problem, Anaemia is a common blood disorder that mainly affects of reproductive age with a high impact on the body functions and working capacity. Exercise was recommended as non invasive way to get rid of extra weight and consider one of the main methods in managing obesity this study was to compare between exercise versus orlistat therapy on body fat in anaemic obese women on selected parameters including anthropometric parameters, fat percentage and hemoglobin level (Hb) in anaemic obese women. Subjects: Forty obese women with age ranged from 35 to 45years, their body mass index ranged between 30to 34.9 kg/m²,their hemoglobin level 8 to 11 gm/dl. Methods: Subjects were randomly assigned to two equal groups, Group (A): exercise training and restricted diet and Group (B): Orlistat therapy and restricted diet. Exercise group trained 30 min 3 times per week for 8 weeks. The subjects of both groups underwent measurement of anthropometric parameters, fat percentage and hemoglobin level. Results: For exercise training and diet group found that significantly improved Hb level after training. Regrding comparison between the two groups, the results showed that there was no significant difference between the improvements of body fat percentage. Conclusion: Exercise training is effective interventions to improve level of anaemia in anaemic obese women.</p>		
Key words	1.	Exercise training.
	2.	Diet.
	3.	Hemoglobin.
	4.	Body fat.
	5.	Anaemic obese women.
	6.	Orlistat therapy.
Arabic Title Page	:	تأثير التمرينات مقابل الأورليستات على نسبة الدهون لدى مرضى السمنة المصابين بفقر الدم.
Library register number	:	3069-3070.

**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**

Author	:	Shaymaa Magdy Abdel Hamed Tayel.
Title	:	Two versus six minute walk test to assess exercise capacity in chronic obstructive pulmonary disease.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd EI-Aziz Abd EI-Hady.
	2.	Mahmoud Mohamed El Batanony.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>Background: Exercise tolerance in chronic obstructive pulmonary diseases patients has determinants that's need safe and accurate test. Study objective: was to compare between 2 min. and 6 min. walk test to assess exercise capacity in chronic obstructive pulmonary diseases. Setting and participants: Thirty men patients their age range between 50 and 60 years with moderate to sever chronic obstructive pulmonary diseases (their forced expiratory volume in first second $50\% \leq FEV_1 < 80\%$ predicted in moderate chronic obstructive pulmonary diseases and $30\% \leq FEV_1 < 50\%$ predicted in severe COPD& forced expiratory volume in first second per forced vital capacity $(FEV_1/ FVC) < 70\%$). Evaluation of walk test and the oxyhemoglobin saturation, pulse rate, respiratory rate and blood pressure. Assessment of pulmonary functions included FVC, FEV], FEV1/FVC,MVV,andFEF_{25-75%} Results: the results showed that there is no significant difference between two and six minute walk test in assessment of exercise capacity in chronic obstructive pulmonary diseases. Conclusion: This study has demonstrated that the 2 minute walk test is more benefit to patient with severe chronic obstructive pulmonary diseases than 6 min walk test.</p>
Key words	1.	Chronic obstructive pulmonary disease.
	2.	2 minute walk test.
	3.	6 minute walk test.
	4.	ventilatory function.
	5.	assess exercise capacity.
Arabic Title Page	:	اختبار المشي لمدة دقيقتين مقابل ست دقائق لتقييم كفاءة التمرينات لمرضى السدة الرئوية المزمنة.
Library register number	:	3047-3048.

**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**

Author	:	Shimaa Mohammed Rabie Hammad Fouda.
Title	:	The Efficacy Of Biofeedback Training for Reduction Of Blood Pressure In Hypertensive.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El Aziz Abd Elhady.
	2.	Magdy Mohammed El Masry.
	3.	Sherin Hassan Mohammed.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>Objective: This study was conducted to evaluate the efficacy of biofeedback training on reduction of blood pressure and respiratory rate in essential hypertensive. Subjects: One hundred hypertensive patients (50 men and 50 women) with age ranged from 50-60 years old; diagnosed as mild degree of essential hypertension were selected randomly from El Mebara Hospital, El Mehalla El Kobra, Gharbiya Government. Method: Eighty patients only agreed to continue the treatment period of two months, they were randomly divided into two groups; Biofeedback group (40 patients; 17 men and 23 women) or group (A), they were instructed to use biofeedback device for 15 minutes / three times/ week for two months as a part of lifestyle modification. Breathing exercises group (40 patients; 18 men and 22 women) or group (B), they were instructed to follow a selected program of breathing exercises including (diaphragmatic, upper and lower costal breathing). Systolic, diastolic blood pressure and respiratory rate were measured pre treatment, two weeks, one month and after two months. Results: Showed that there were statistical significant reductions in systolic, diastolic and respiratory rate within each group before and after two months. There were significant statistical differences between both groups in diastolic blood pressure after one month and respiratory rate after two months. Non significant difference concerning systolic blood pressure was seen between both groups. Comparing men of both groups, the results with in favor of group (A) regarding diastolic blood pressure and respiratory rate. Comparing women of both groups, the results with in favor of group (A) regarding diastolic blood pressure and respiratory rate. Conclusion: Both biofeedback training and localized deep breathing training were beneficial in reducing systolic, diastolic blood pressure and respiratory rate, However biofeedback training was more effective in reducing diastolic blood pressure (after one month) and respiratory rate (after two months).</p>
Key words	1.	Biofeedback Training.
	2.	Hypertension.
	3.	breathing exercises.
	4.	breathing guided device.
	5.	Blood Pressure In Hypertensive..
Arabic Title Page	:	فاعلية التغذية الرجعية لخفض ضغط الدم في مرض ضغط الدم المرتفع.
Library register number	:	2807-2808.

**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**

Author	:	Shymaa Mohamed Ali Abdu Abu-Tawoos.
Title	:	Response of Arterial Blood Gases to Positive End Expiratory pressure post Coronary Artery Bypass Graft Surgery.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohamed Helmy.
	2.	Mohamed Abd Al- Alim Sayed.
	3.	Shrein Hassan Mohamed.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Background and purpose: Pulmonary complications are among the most frequently reported complications after Coronary Artery Bypass Graft (CABG) surgery. However, the risk of PPCs is not equal for all patients. The aim of this study was to investigate the response of arterial blood gases to positive end expiratory pressure post CABG surgery. Subjects and Methodology: thirty three male patients who underwent Coronary Artery Bypass Graft with age ranged 55-70 years enrolled in that study for two weeks. They were assigned into two: Group (A): The experimental group consisted of 18 patients who received routine chest physical therapy intervention (postural drainage, percussion, vibration and deep breathing exercises) associated with positive end expiratory pressure (PEEP). Group (B): The control group consisted of 15 patients who received routine chest physical therapy intervention alone. The program continued for two weeks. Arterial blood gases (PaO₂, SaO₂, and PaCO₂) were measured for both groups at the beginning of the study and after the end of two weeks. Results: There was significant increase of arterial blood gases including PaO₂, SaO₂ (P<0.05) and there was significant decrease in PaCO₂ (P<0.05) with study group when compared with control group. Conclusion: It was concluded that PEEP in combination with routine chest physical therapy intervention had the effect of improving oxygenation and lowering PaCO₂ in patients who underwent CABG surgery.</p>		
Key words	1.	Arterial blood gases.
	2.	CABG.
	3.	PEEP.
	4.	Positive End Expiratory pressure.
	5.	post Coronary Artery Bypass Graft Surgery.
	6.	Coronary Artery Bypass Graft Surgery.
Arabic Title Page	:	استجابة غازات الدم الشرياني للضغط الإيجابي النهائي للزفير بعد جراحة الوصلة الشريانية.
Library register number	:	3091-3092.

**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**

Author	:	Waled Ahmed Kamal.
Title	:	Effect of acute exercise on Nitric oxide in smokers versus non smokers.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awany Fouad Rahmy.
	2.	Fawzy Ahmed Halawa.
	3.	Shereen Hassan Mohamed.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>Back ground and Purpose: Nitric oxide is an important messenger molecule involved in many physiological and pathological processes within the body. Objectives: The aim of this study was done to determine the response of Nitric oxide to acute exercise in smokes versus non smokers. Methods: The study was done on 60 men who were classified equally into two groups (non and heavy smokers). Then subjects in each group were subdivided into two equal groups (one participated moderate exercise while the other participated high intensity exercise for 30 minutes for one time. Blood nitric oxide (NO) was measured before and immediately after exercise. Results: There was significant increase in NO level in all groups after moderate exercise while after intensive exercise, NO level was significantly decreased in heavy smokers however the reduction in non smokers was non significant. Conclusion: So moderate exercise is better than intensive exercise especially for smokers to increase nitric oxide.</p>		
Key words:, ,		
Key words	1.	Acute aerobic exercise.
	2.	Nitric oxide.
	3.	Smoking.
	4.	non smokers.
	5.	antioxidant.
Arabic Title Page	:	تأثير التمرينات الحادة على أوكسيد النيتريد في المدخنين قياسياً على غير المدخنين.
Library register number	:	3151-3152.

**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**

Author	:	Zahra Morsi Fathalla.
Title	:	Effect of aerobic exercise on hypertensive renal dysfunction.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El-Aziz.
	2.	Yaser Mohamed Ali
	3.	Nesreen Ghareeb Mohamed El Nahas.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>The aim of this study was to determine the effect of aerobic exercise on hypertension and other kidney function measures as (creatinine and urea), blood lipids as (cholesterol and triglycerides). Thirty patients of both sexes with hypertension associated with chronic renal failure randomly selected from El-Khazendara General Hospital and Shobra General Hospital. The patients' age ranged between 30 to 45 years. They were assigned into two equal in number groups. Group (A) who participated in a program of aerobic exercise, recieved dialysis and medications, Group (B) who recieved dialysis and medications. The treatment program continued for 8 weeks (3 sessions of exercise per week). Hypertension and Laboratory investigations for (cholesterol, triglycerids, Creatinine and Urea) were applied at the begining and after the treatment program for all patients of the two groups. The results of this study revealed a significant decrease in the blood pressure, the total blood cholesterol, triglycerids and urea. A non-significant result in creatinine level. It was concluded that aerobic exercise is beneficial for patients with chronic renal failure.</p>		
Key words	1.	blood cholesterol.
	2.	Triglycerids.
	3.	Urea.
	4.	Creatinine.
	5.	aerobic exercise.
	6.	Hypertension
	7.	renal dysfunction.
Arabic Title Page	:	تأثير التمرينات الهوائية على مرضى الضغط المرتفع الناتج عن الفشل الكلوى.
Library register number	:	2909-2910.