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Pulmonary Rehabilitation for Silicosis Patients

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Pulmonary rehabilitation (PR) is a combination of recommended interdisiplinary therapy in addition to medical treatment in chronic lung diseases. Although patients with COPD, bronchiectasis and interstitial lung disease are seen as the main candidates for PR, chronic lung diseases caused by occupational exposure may also be candidates for PR. Two cases of silicosis with significant increases in exercise capacity and quality of life after the PR program were presented to make an awareness to PR in patients with occupational exposure. Two male patients with a mean age of 43 ± 13 years who completed the 8-week PR program were evaluated with pre- and post-PR 6-minute walking test (6 MWT, respiratory muscle strength, grip strength, and respiratory system questionnaire). The mean pre-PR walking distance in 6 MWT of the cases were $428,50 \pm 202,93$ m, and $483,00 \pm 206,47$ m after PR. The expected average percentage values of FDI were $66.75 \pm 22.13\%$ and $75.95 \pm 20.71\%$ before PR. The hand grip force measured in the right and left, the right grip mean strength pre-PR was mean $21,80 \pm 0,84$ kg; After PR, it was $27,75 \pm 6,29$ kg. The mean left-hand grip forces measured in the same way were $22,15 \pm 2,19$ kg, respectively; $29,80 \pm 5,79$ kg. The quality of life scores were 73.64 ± 6.7 ; 56.03 ± 18.75 . Significant gains were obtained before and after PR in two patients with silicosis.

Keywords: Pulmonary rehabilitation, silicosis, occupational exposure, 6 six minutes walking test