

THE EFFECT OF SINGING THERAPY COMPARED TO STANDARD PHYSIOTHERAPEUTIC LUNG SPORT IN COPD

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Introduction: COPD causes adverse effects on physical and mental well-being. Non-drug treatments like physiotherapy lung exercises (PLE) improve the lifequality (LQ) and prognosis. Therapeutic Singing (TS) is a new therapy with breathing exercises and techniques. Study's aim was to compare the effect of TS with established PLE in COPD. **Methodology:** Single-center, open, prospective, randomized, visibility study with 22 patients (12TS, 10PLE, mean: age 63±6years, FEV1 1.65±0.65l, height 172±10cm, weight 84±24kg, exacerbation-free) participated, 8 course units (cu) each 1½hours within 4 weeks. Measuring LQ (SGRQ, CAT) before and after course, lung function (LF) had additionally after 1st cu. **Results:** LQ improved: TS: SGRQ 41±20 to 31±18points (p=0.016), CAT 17±9 to 12±8points (p=0.029); PLE: SGRQ 44±12 to 37±16points (p=0.037), CAT 19±4 to 16±6points (p=0.161). LF showed: TS FEV1 1.5±0,6l output value, no short-term effect, but 1.7±0,7l after cu in comparison to PLE with no effect; overdistension decreases in TS RV%/TLC 58±12,3% to 51±14,5% (p=0.002). **Conclusion:** This study showed that TS has in LQ and LF comparable, even better values than the established PLE. Results need to be replicated in another test-series with more patients inclusive duration and intensity. TS may offer an additional treatment option for non-pharmacological treatments for COPD.