Medical Hydrology and Balneology: Environmental Aspects

Francisco MARAVER & Müfit Zeki KARAGÜLLE
(Editors)

Número 6 (2012) Serie de Monografías
ISBN: 978-84-669-3482-4

PUBLICACIONES UNIVERSIDAD COMPLUTENSE DE MADRID
Halotherapy in Rehabilitation of Patients with Chronic Obstructive Pulmonary Disease

Chervinskaya A(1), Ponikowska I(2)

(1)Clinical and Research Rehabilitation Pulmonary Center. St.Petersburg, Russia
(2)Clinic of Balneology and Physical Medicine of the Medical University in Bydgoszcz, Poland
alina.chervinskaya@gmail.com

Introduction and Objectives
The main objective was to estimate the efficacy of halotherapy -inhaled dry sodium chloride aerosol (DSCA) - in rehabilitation therapy (RT) of patients with chronic obstructive pulmonary disease (COPD).

Materials and Methods
It was double-blind placebo study. 72 patients (pts) with moderate and mild stage of COPD were recruited. They were randomized in 2 groups - halotherapy group (HT) (21 m, 18 f, 60.3±10.8 yrs) and control group (CG) (22 m, 11 f, 58.5±8.9 yrs). All patients received RT: daily procedures of chest massage, light radiation, physical exercises. Pts of HT group were treated with the procedures of halotherapy (45 min twice a day for 14 days). DSCA containing particles with size of 1-5 μm and level of mass concentration in the room of 10-15μg/m3 was produced by halogenerator GDA-01.17 (Halomed, Lithuania). CG received placebo (inhalations with room air) instead of DSCA. Clinical, functional parameters and measures of health-related quality of life (HRQL) by SF-16 and LCQ (10 items) were estimated after RT procedures and in 3 months.

Results
Improvements of clinical symptoms scores were observed in the both groups after the course of RT (p<0.05), but in 3 months positive effect was noticed only in IG (before-13.8±5.4, after RT- 9.1±4.9, in 3 months -9.6±4.3, p<0.05). Measures of LCQ were changed significantly after RT only in pts of IG, received DSCA (35.2±5.2 and 52.4±6.3, p<0.05). Positive changes of physical functioning measures were observed (SF-16) in IG and CG groups after RT, but they have been kept till 3 month only in IG.

Conclusions
Application of halotherapy, using DSCA, on the background of the RT in pts with COPD renders to positive effect.

Keywords: Movement Halotherapy, Dry Sodium Chloride Aerosol, Chronic Obstructive Pulmonary Diseases (COPD)