APPLICATION OF A PULMONARY REHABILITATION EXERCISE PROGRAM BASED ON IMB MODEL IN PATIENTS WITH SEVERE CHRONIC OBSTRUCTIVE PULMONARY DISEASE

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Background and Aims

This study aims to construct a pulmonary rehabilitation program based on the Information-Motivation-Behavioral Skills (IMB) model to improve lung function and quality of life in patients with severe Chronic Obstructive Pulmonary Disease (COPD).

Methods

Convenience sampling was used to select patients with severe COPD admitted to the Department of Respiratory and Critical Care Medicine of a tertiary hospital in Chongqing from October 2023 to February 2024. Patients were randomly divided into an experimental group (n=32) and a control group (n=31). The experimental group received 6 months of IMB model-based pulmonary rehabilitation in addition to routine care, while the control group received routine care measures. The degree of dyspnea, exercise endurance, quality of life, pulmonary rehabilitation compliance, self-management level, and lung function were compared between the two groups before and after the intervention.

Results

After the intervention, the experimental group showed better results in terms of dyspnea severity, exercise endurance, quality of life, pulmonary rehabilitation compliance, and self-management level compared to the control group, with statistically significant differences (P0.05).

Conclusion

Pulmonary rehabilitation based on the Information-Motivation-Behavioral Skills model can effectively alleviate dyspnea symptoms in patients with moderate to severe COPD, improve their exercise endurance, compliance with pulmonary rehabilitation, self-management ability, and quality of life.

Keywords: pulmonary rehabilitation,IMB,POCD