

**Abstract**

**Original Article**

**Relations between Patients' Breathing Practices and Mobilisation after Lung Resection Surgery**

**Sacide Yildizeli Topcu, BSN, Msc, PhD**

Teaching Assistant, Trakya University, Health Science Faculty, Surgical Nursing Department, Edirne, Turkey

**Selda Rizalar, BSN, Msc, PhD**

Assistant Professor, Medipol Trakya University, Health Science Faculty, Nursing Department, Edirne, Turkey

**Fatma Önüt, BSN**

Trakya University, Health Center for Medical Research and Practice (Hospital), Department of Thoracic Surgery, Edirne, Turkey

**Ayşe Gökçe Işikli, BSN, MSc**

Trakya University, Health Center for Medical Research and Practice (Hospital), Department of Thoracic Surgery, Edirne, Turkey

**Seher Ünver,**

Trakya University, Health Science Faculty, Surgical Nursing Department, Edirne, Turkey

**Correspondence:** Sacide Yildizeli Topcu, Teaching Assistant, Trakya University, Health Science Faculty, Surgical Nursing Department E-mail: [sacideyildizeli@yahoo.com](mailto:sacideyildizeli@yahoo.com)

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**Background:** Mobilisation and pulmonary physiotherapy is used together for improving lung functions after surgery.

**Aims:** This study was aimed to examine the relation between patients' frequency and duration of mobilization and practices of pulmonary physiotherapy after lung resection surgery.

**Methods:** This cross-sectional, relational study was conducted from 1<sup>st</sup> of May 2013 to 30<sup>th</sup> of April 2014 with 66 patients who have undergone lung resection surgery. Until the time of discharge from morning of 1<sup>th</sup> day after surgery, patients' frequency and duration of mobilisation and frequency of deep breathing and coughing exercises and using spirometry were followed up. Data analysis was performed using SPSS 16.0.

**Results:** It was found out that 69.7% of the patients who participated in the research were men and the average age of the patients was  $57.24 \pm 14.93$ , 65.2% of the patients were applied wedge resection and all of the patients stood up on the 1<sup>st</sup> day after the operation. It was found that there were positive relationships between patients' frequency and duration of mobilization and practices of pulmonary physiotherapy including breathing and coughing exercise and frequency of using spirometry in the postoperatively from first day until fifth day.

**Conclusions:** According to the study results, patients undergone lung resection executed the pulmonary physiotherapy practices easily with effect of mobilisation which provided sensation of wellness. In this respect, it is suggested that nurses should make the patients mobilize more frequently and support them about increasing their duration of mobilization in the postoperative period.

**Key Words:** Lung resection, mobilisation, nursing care, postoperative, pulmonary physiotherapy.