

PNMEDICAL

EFFECT OF RMT ON MUSCLE STRENGTH AND QUALITY OF LIFE IN HEART FAILURE



Individuals suffering from heart failure experience a wide variety of symptoms that affect their daily quality of life as well as their ability to carry out every day activities. Respiratory muscle weakness, for example, is common in patients with heart failure. It contributes to dyspnea, exercise intolerance, diminished general muscle strength and reduced quality of life.

In order to determine its impact upon upon respiratory muscle weakness, respiratory muscle training was tested to improve respiratory and peripheral muscle strength, respiratory function, fatigue and other aspects of health-

related quality of life in patients with heart failure. Let's take a closer look at the study below.

Key Findings

- Respiratory muscle weakness is common in patients with heart failure (HF) and contributed to dyspnea, exercise intolerance, reduced peripheral muscle strength and quality of life (QOL).
- 6 weeks of respiratory muscle training (RMT) improved respiratory and peripheral muscle strength, dyspnea, depression, QOL, and fatigue in patients with HF.

Patient Impact

RMT effectively improves respiratory and general muscle strength, exercise capacity and overall quality of life in patients with HF.

Study Methods

A number of things, including pulmonary function, respiratory muscle strength, peripheral muscle strength, exercise capacity, balance, fatigue, dyspnea, depression and quality of life, were assessed before and after six weeks of inspiratory muscle training (IMT) in patients with heart failure. Additionally, the participants were compared to a control group to better assess the effects of the IMT.

Study Results

IMT was shown to improve both inspiratory and expiratory muscle strength, pulmonary function, peripheral muscle strength, exercise capacity, balance, fatigue, depression and quality of life significantly in patients with heart failure. In conclusion, respiratory muscle training by IMT significantly improves respiratory as well as general muscle strength, exercise tolerance and ultimately quality of life in patients with heart failure.

Bosnak-Guchl M, et al. Effects of inspiratory muscle training in patients with heart failure. Respiratory Medicine 2011. Volume 105, Issue 11, 1671 – 1681.