

Benefits of Slow Deep Breath in Relief Pain Associated with Cholelithiasis and Cholecystitis: Comparative Study

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ABSTRACT

Background: Cholelithiasis (gallstone disease) harasses about 10%– 20% of the adults globally and is among the hepatobiliary diseases associated with the highest socioeconomic costs. In addition, cholelithiasis is also an important risk factor of gallbladder cancer.

Purpose: To find out when the benefit of slow deep breath is more in relieving the pain of cholelithiasis or cholecystitis.

Methodology: A clinical trials study carried out in Iraq; the study initiated from the period of June 2021 to May 2022, A simple random sampling method of 60 patients was included in this study, divided in to 3 groups, 20 patients for each group. These three groups are control, cholelithiasis, and cholecystitis group.

Results: Most of patients were at age of 20- 39 years, female, and suffering from overweight and obesity class I. There were differences between pain levels among the three different groups, 70% of patients were suffering from severe pain in control group while after implementing slow deep breath become pain level of three groups as follow, 25% of patients suffering from severe pain in cholelithiasis group and 40% of patients suffering from severe pain in cholecystitis group.

Conclusion: This study concludes that the implemented of slow deep breath exercises had benefit to decrease the pain that associated with cholelithiasis and not effect on pain with cholecystitis.

Keywords: Cholecystitis, Cholelithiasis, Slow deep breath

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