

Effect of Swallowing Exercise on Dysphagia

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Abstract: A Quasi Experimental time series with multiple institutions of treatment design was used to assess the effect of swallowing exercise on dysphagia among postoperative Coronary Artery Bypass Graft patients in experimental group GKNM Hospital, Coimbatore. The Study was conducted in postoperative cardiothoracic wards Total of 50 samples were selected who met the inclusion and exclusion criteria. 25 patients were assigned in each group using non probability purposive sampling technique. Modified Wiedenbach's clinical nursing practice theory was adopted for conceptual framework. For both experimental and control group the pre-test level of dysphagia was assessed by using GUSS tool before intervention and swallowing exercise was performed in experimental group and routine care was given in control group. Post-test level of dysphagia was assessed by using GUSS tool in both the groups. Significant outcome were evaluated by descriptive and inferential statistics. The study findings shows that There is no significant difference in the mean dysphagia score between experimental and control group in pre-test t value = 0.83368, $p < 0.05$. In experimental group after the intervention of swallowing exercise statistically there was a significant reduction in mean dysphagia score which shows swallowing exercise is effective in reducing the level of dysphagia among postoperative CABG patients. In control group after routine care there was a slow improvement in the level of dysphagia.

Keywords: Effect, Swallowing Exercise, Dysphagia, Postoperative Coronary Artery Bypass Graft.

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