

Yoga breathing and respiratory complications in surgical patients

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Status RECRUITING
Sponsor Iva Pažur
Enrollment 60 participants

Plain Language Summary

After major abdominal surgery, some patients develop breathing complications in the days following the operation — things like low oxygen levels, chest infections, or collapsed lung tissue. This study is exploring whether practicing yoga breathing exercises before and after surgery can reduce the chance of these complications occurring.

Yoga breathing involves slow, deep breaths that help fill the lungs more evenly and keep the airways open. Researchers believe this approach may also help the body cope with the stress of surgery by calming the nervous system. Participants will be taught the exercises and asked to do them around the time of their operation, and the study will track their breathing health and recovery in the following days.

You may be eligible if you are 18 or older, are having planned (elective) abdominal surgery under general anaesthetic lasting more than 2 hours, and have a risk score suggesting some chance of breathing complications after surgery. Pregnant women, those already on a ventilator, or those with significant physical or cognitive limitations that prevent exercise are not eligible.

Key Eligibility Criteria

Inclusion (1)

- American Society of Anesthesiologists (ASA) physical status I-III. Patients who undergone elective abdominal surgery (open or laparoscopic) under general anesthesia with predicted duration of general anesthesia of more than 2 hours, ARISCAT score equal or greater than 26.

Exclusion (1)

- Pregnancy. Intraoperative and postoperative respiratory and haemodynamic instability which hinder breathing exercises. Patients who are already intubated and mechanically ventilated before surgery. Transplantation surgery. Locomotor and cognitive limitations which preclude exercise performance. Participants who refused to be involved in the study. Patient undergoing outpatients procedures (hospital stay of less than 24 hours), emergency procedures,

Locations (1 total)

Croatia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622001312730>

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