

The Effect of Breathing Exercise Applied to Intensive Care Nurses on Fatigue and Perceived Stress

NCT06642376

Status	RECRUITING
Phase	Not Applicable
Sponsor	Kahramanmara_ Ostiklal University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (3)

- Working in intensive care for at least 6 months
- Volunteering to participate in the research
- Not practicing any complementary therapies during the study, such as breathing exercises, acupuncture, massage therapy, relaxation techniques and yoga, which may be effective on perceived stress and fatigue

Exclusion (3)

- Having a problem that prevents nasal breathing and prevents breathing exercises
- Being pregnant
- Experiencing physical and mental health problems that prevent communication

Locations (1 total)

Kahramanmara_ Istiklal Universty, Kahramanmara_, Turkey (Türkiye)