

Harmony in Healing: COPD Rehabilitation Through Singing

Aakanksha Saharan

Tbilisi state medical University, Tbilisi, Georgia

Introduction

The main objective of this study is to identify effective methods that can help enhance the overall health of patients who suffer from COPD, which includes both physical and mental well-being. Additionally, the study aims to explore ways to improve the efficacy of treatment options available for COPD patients, with the ultimate goal of providing them with better care and improving their quality of life.

Objective

A comprehensive search was conducted through the databases of PubMed and Google Scholar to discover the effect of singing on the health of COPD patients and how it can enhance the efficacy of various treatments. The objective of this study was to identify the benefits of singing in COPD patients and to analyze its potential role in the management and treatment of this condition.

Method

A study conducted on patients with stable (COPD) has revealed that group singing therapy has a positive impact on depression scores and overall quality of life. In Uganda, 11 patients participated in music and dance intervention sessions, which comprised relaxation and physical awareness exercises, breathing exercises, song repertoire selection, and warm-down relaxation. The social aspects of the sessions, such as peer support, were found to have enhanced rehabilitation efforts. Another study focused on individuals with COPD, specifically those participating in (SLH) programs. The research explored the potential physiological impact of singing in people with COPD and highlighted the need for larger-scale (RCTs) to gather more evidence. In Denmark, participants were randomized into two groups: the SLH group and the Pulmonary Exercise Training (PEXT) group. The results showed that SLH was equally effective as PEXT. A 10-week pulmonary rehabilitation (PR) course involved either SLH or PEXT twice weekly, each session lasting 90 minutes. Moreover, an online SLH program was evaluated for its impact on health-related quality of life and other outcomes in COPD patients compared to usual care. The study showed that the SLH program led to improvements in the SF-36 Physical Health Composite (PHC) score compared to usual care, with a statistically significant difference in the responder analysis for a 10% improvement in SF-36 PHC.

Result

PR programs have demonstrated positive effects on patients with (COPD), including increased exercise capacity, enhanced walking distance, better dyspnea control, and improved quality of life. PR interventions primarily aim to support lifestyle changes, disease management, and daily life management. Additionally, (PEXT) and (SLH), are effective in improving the aforementioned outcomes. Singing, a non-pharmacological intervention, has also been shown to improve breathing control, respiratory and postural muscles, and flexibility. However, further research is required to fully comprehend the benefits and medical applicability of singing in COPD patients.

Conclusion

Singing activities that incorporate repeat-voiced fricatives and biofeedback techniques have been found to strengthen respiratory muscles and contribute to breath management strategies in people with (COPD). However, further research is necessary to fully comprehend the physiological mechanisms underlying these outcomes. In light of the present evidence, it can be concluded that singing has the potential to enhance the quality of life of COPD patients.

Keyword

COPD, Pulmonary Rehabilitation, Singing, Depression, Mental Health