

Effectiveness of Buteyko Method in Asthma Control and Quality of Life of School-Age Children

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Abstract : This study aimed to determine the effectiveness of Buteyko Method in asthma control and quality of life of school-age children wherein a pretest-posttest design was utilized to measure the changes after the administration of Buteyko Method. Fourteen (14) subjects with bronchial asthma, aged 7-11 participated in the study. They were equally divided into two groups: the control group received no intervention while the experimental group was asked to attend sessions of Buteyko Method lecture and demonstration. The experimental group was visited for three (3) consecutive weeks to monitor their progress and compliance. Both groups were asked to answer ACQ pre- and post-intervention and PAQLQ before the start of the intervention phase and every week during the follow-up visits. In comparing the asthma control pre-test and post-test mean scores of the control group, no significant difference was noted ($p=0.177$) while the experimental group showed a significant difference after the administration of Buteyko Method ($p=0.002$). Moreover, the quality of life pre-test and post-test mean scores of the control group showed no significant difference in any week within one month of follow-up ($p=0.736, 0.604, 0.689$) while the experimental group showed a significant difference on the third week ($p = 0.035$) and fourth week ($p=0.002$) but no significant difference on the second week ($p=0.111$). Therefore, the use of Buteyko Method within 3-4 weeks as an adjunct to conventional management of asthma helps in improving asthma control and quality of life of school-age children.

Keywords : Buteyko Method, asthma, school-age children, asthma control, quality of life

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