Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and Its Surgery

Doctoral Degree
2013

Author	**:**	**Ahmed Abd Elmoniem Ibrahiem.**
Title	**:**	**Response Of Mechanically Ventilated Respiratory Failure Patients To Respiratory Muscles Training.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
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Degree	**:**	**Doctoral.**
Year	**:**	**2013.**
Abstract	**:**	
Purpose: The aim of this study was to investigate the response of mechanically ventilated respiratory failure patients to respiratory muscles training. Methodology: Forty mechanically ventilated respiratory failure patients were randomly selected from Cairo university hospitals (critical care department), their ages ranged from 50 to 60 years. The patients were divided into two equal groups study (A) and control group (B) ,twenty patients for each group, each patient of group A received both respiratory muscles training using IMT and standard chest physiotherapy ,each patient of group B received only standard chest physiotherapy. Pre and post study oxygenation ,respiratory muscles strength and outcomes parameters were measured for each patient of both groups . Result: our study revealed that there was improvement in the study group A more than control group B in oxygenation ,respiratory muscles strength and outcomes parameters and this improvement was highly significant in oxygen saturation and respiratory muscles strength parameter ,Conclusion: it is recommended to use respiratory muscles training with chest physiotherapy in order to improve the outcomes parameters in mechanically ventilated respiratory failure patients		
Key words	**1.**	**respiratory failure.**
	2.	**mechanical ventilation.**
	3.	**respiratory muscles training.**
Arabic Title Page	**:**	**استجابة مرضى الفشل التنفسى الخاضعون للتنفس الصناعى لتدريبات عضلات التنفس.**
Library register number	**:**	**3395-3396.**

ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL THERAPY DEPARTMENT FOR CADIOPULMONARY DISORDER AND GERIATRICS AND ITS SURGERY

PREPARED BY ADEL SALAMA
NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	**Ahmed Mokhtar Tawfick.**
Title	:	**The efficacy of Transcutaneous electrical nerve stimulation versus aerobic exercise in patients with diabetic peripheral neuropathy**
Dept.	:	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
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Degree	:	**Doctoral.**
Year	:	**2013.**
Abstract	:	

Background and Purpose: This study was conducted to investigate the effect of Transcutaneous electric nerve stimulation (TENS)versus aerobic exercise in patients with diabetic peripheral neuropathy. Subjects and Methods: Sixty patients from both sexes (32 women and 28men), suffering from diabetic peripheral neuropathy for at least five years were selectedfrom the Diabetes Out-Patient Clinics of El-Agouza and Kaser Al-Aini Hospitals, Cairo Universityto participate in this study.The patients' ages ranged from 45 to 60 yearswith their BMI less than 30 kg/m^2. All patients were evaluated for pain intensity by Visual Analogue scale and for nerve conduction velocity by EMG pre -treatment and after eight weeks (post -treatment). The patients were divided into three groups equal in number, 20 patients for each group. Group A received transcutaneous electrical nerve stimulation (TENS) on both lower limbs for duration of 30 minutes each session, three times per week for eight weeks with the regular pharmacological therapy. Group B received aerobic exercise training program for duration of 50 minutes each session, three times per week for eight weeks with the regular pharmacological therapy. Group C (Control)received only the regular pharmacological therapy of the diabetes mellitus and diabetic peripheral neuropathy for eight weeks. Results: The pain intensity significantly decreased by 41.67%for TENS group with better improvement for femalesthan males. The pain intensity significantly decreased by 16.67% for exercise group for both females and males while the pain intensity non-significantly decreased in the control group. Sensory nerve conduction velocity showed non-significant change among the three groups after treatment. Conclusion: Transcutaneous electrical nerve stimulation showed better results than exercise training in relieving pain in patients with diabetic neuropathy without any significant effect on sensory nerve conduction velocity.

Key words	**1.**	**Diabetic peripheral neuropathy**
	2.	**TENS (Transcutaneous electrical nerve stimulation).**
	3.	**Exercises.**
	4.	**aerobic exercise.**
	5.	**peripheral neuropathy**
Arabic Title Page	:	تأثير التنبيه الكهربائى للعصب من خلال الجلد مقابل التمارين الهوائيه فى مرضى اعتلال الأعصاب الطرفيه الناتج عن البوال السكرى.
Library register number	:	**3533-3534.**

ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL THERAPY DEPARTMENT FOR CADIOPULMONARY DISORDER AND GERIATRICS AND ITS SURGERY

PREPARED BY ADEL SALAMA
NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	**:**	**Ebram Adly Tawfeik Khalil.**
Title	**:**	**Response of whole body vibration on cardiorespiratory fitness in elderly.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
Supervisors	**1.**	**Zahra M. H. Serry.**
	2.	**Nesreen G. M. El Nahass.**
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Year	**:**	**2013.**
Abstract	**:**	

Background: whole body vibration(WBV) training appears to be an efficient 'combination' training method for older adults. **The purpose** of this study was to investigate the response of whole body vibration on cardiorespiratory fitness in elderly. **Subjects:** sixty subjects of both sexes (30 men and 30 women) were selected randomly from different geriatrics nursing homes in Cairo and El Hayat Medical Center and Golf physical therapy and rehabilitation center, were assigned into two equal groups according to gender, Group (A) Men Group with mean age (65.23±3.68) years and mean body mass index (27.83±2.318) Kg/m². Group (B) Women group with mean age (66.06±3.183) years and mean body mass index (28.173±1.675)Kg/m². **Methods:** VO_{2max} was measured pre and post session at the baseline and after 6 month of training. Both groups exercised on a traditional whole body vibration training program 3 times/week for 6 month. **Results:** the findings revealed that there was significant difference in VO_{2max} between pre session in the baseline and post session after 6 month for men and women. The percentage of improvement of VO_{2max} pre and post session in (Men) was 8.51% and in (Women) was 7.95%.These effects appear potentially in cardiorespiratory fitness in elderly. **Conclusion:** We concluded that exercising on a whole body vibration can be used as a safe ,efficient and non-exhausting alternative to a traditional fitness training program to enhance cardiorespiratory fitness in elderly.

Key words	**1.**	**whole body vibration.**
	2.	**cardiorespiratory fitness.**
	3.	**VO_{2max}.**
Arabic Title Page	**:**	**استجابه كفاءة الجهاز الدوري التنفسي للاهتزاز الكامل للجسم لكبار السن.**
Library register number	**:**	**3309-3310.**

Author	**:**	**Merril Adel Iskander Abdelsayed.**
Title	**:**	**Plasma lipoproteins response to central versus general weight reduction in post menopause women.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
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Degree	**:**	**Doctoral.**
Year	**:**	**2013.**
Abstract	**:**	

Objective: To determine the efficacy of central versus general weight reduction in improving lipoproteins parameters in obese postmenopause women. Methods of Evaluation: (Measurement of BMI, waist circumference, TC, HDL, LDL, and TG) have been used. Subjects: Sixty postmenopause obese women aged from 50 to 60 years were assigned randomly into two groups of equal number of thirty subjects for each. Both groups had received restricted diet program. Group (A) received ultrashape program for 30 minutes on abdominal region 3 times/week for 6 months. While group (B) received aerobic exercise program for 40 minutes 3 times/week for 6 months. Results: The results reflected significant improvement in waist circumference for both groups in favor of group (A) and significant improvement in BMI, TC, HDL, LDL, and TG for both groups in favor of group (B). Conclusion: It can be concluded that central weight reduction and general weight reduction could decrease waist circumference, BMI and improve lipid parameters, in favor of central weight reduction regarding to waist circumference, and in favor of general weight reduction regarding to BMI, TC, HDL, LDL and TG.

Key words	**1.**	**plasma lipoproteins.**
	2.	**Central.**
	3.	**General.**
	4.	**weight reduction.**
	5.	**postmenopausal.**
Arabic Title Page	**:**	**استجابة دهون الدم لانقاص الوزن المركزى مقابل الكلى فى السيدات بعد انقطاع الطمث.**
Library register number	**:**	**3207-3208.**

ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL THERAPY DEPARTMENT FOR CADIOPULMONARY DISORDER AND GERIATRICS AND ITS SURGERY

PREPARED BY ADEL SALAMA
NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	**:**	**Mina Nashat Halim.**
Title	**:**	**Response Of Abdominal Subcutaneous Fat And Blood Glucose Level To Phosphatidyl-Choline Iontophoresis In Women.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
Supervisors	**1.**	**Awny Fouad Rahmy.**
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	3.	**Nesreen Ghareeb mohamad El Nahas.**
Degree	**:**	**Doctoral.**
Year	**:**	**2013.**
Abstract	**:**	

Back ground: The purpose of study was to examine the effect of phosphatidylcholine iontophoresis in abdominal subcutaneous fat and blood glucose level in women. Sixty women with abdominal obesity with age ranging from 20 to 30 years old and body mass index ranging between 25kg/m to 35 kg/m were chosen from Beni Suef governmental hospital outpatient clinic for obesity, they were assigned randomly into two equal groups in number. Women in control group (n = 30) received low fat and low carbohydrates diet only. Whereas women in study group (n =30) received low fat and low carbohydrates diet in addition to the phosphatidylcholine iontophoresis in four sessions within thirty days. The following parameters including waist hip ratio and blood glucose level were measured before and after the treatment course which was thirty days. Results: There was significant decrease in the waist hip ratio (6.28%) and decrease in blood glucose level (6%) in the study group in comparison to control group. Conclusion: Phosphatidylcholine iontophoresis is an effective additional tool to physical therapy program in the treatment of abdominal subcutaneous fat as it plays an important role in decreasing waist circumference, waist hip ratio and blood glucose level.

Key words	**1.**	**abdominal subcutaneous fat.**
	2.	**Iontophoresis.**
	3.	**Phosphatidylcholine.**
Arabic Title Page	**:**	**استجابة الدهون التحت جلدية بالبطن ومستوى السكر بالدم لعملية التأين للفوسفاتيدايل كولين في السيدات. مينا نشأت حليم.**
Library register number	**:**	**3399-3400.**

Author	**:**	**Nagi Lowis Nassef**
Title	**:**	**The effect of short-term isometric handgrip training on hypertension in hypertensive patients.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
Supervisors	**1.**	**Zahra Mohamed Hassan Serry.**
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	3.	**Gihan Samir Mohamed.**
Degree	**:**	**Doctoral.**
Year	**:**	**2013.**
Abstract	**:**	

Objectives: The purpose of this study was to examine the effect of short-term isometric handgrip training on blood pressure in hypertensive patients. Subjects and methods: one Hundred hypertensive males patients, with age ranged from 40 to 70 years were selected from out clinics of internal medicine department of general Zagazig hospital. These patients were assigned into one treatment group. Patients in the study group (n =100) received short-term isometric handgrip training, the study lasted for 5 consecutive days for each patient. The following parameters including blood pressure and heart rate were measured before and after consecutive five days of treatment program. Results: there was significant improvement in blood pressure and heart rate in the study group after IHG training in comparison to the pre-treatment study results, which SBP was showed statistical significant decrease with percentage of improvement 0.7%. Also diastolic blood pressure DBP showed a statistical significant decrease with percentage of improvement of DBP was 1.08%. Finally, heart rate (HR) showed a statistical significant decrease with percentage of improvement of HR was 1.02%. Conclusion: The outcomes of the present study emphasized that the use of isometric handgrip training is effective in lowering blood pressure in hypertensive patients and decease cardiovascular risk factors and its progression.

Key words	**1.**	**Hypertension.**
	2.	**Isometric Handgrip Training.**
	3.	**Hypertensive patients.**
	4.	**Short-term training.**
Arabic Title Page	**:**	**تأثير تمرينات المقاومة الساكنة قصيرة الأجل لقبضة اليد على ضغط الدم في مرضى ضغط الدم المرتفع.**
Library register number	**:**	**3573-3574.**