

EFFECT OF INTERVAL HYPOXIC TRAINING ON THE QUALITY OF LIFE OF CHILDREN WITH BRONCHIAL ASTHMA

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Improvement of the quality of life for children with asthma is a priority problem. We evaluated the quality of life of asthmatic children treated by interval hypoxic therapy (IHT) during remission. The efficiency of IHT courses of different duration was compared with that of placebo (inhalations of common room air through a mask). IHT was carried out on a hypoxicator ("Hypoxia Medical Academy"). External respiration was evaluated on a "Spirozift 3000" device. Questionnaires for evaluation of the quality of life of asthmatic children developed by D.J. French and M.I. Christie (1995) in the Russian version by V.I. Petrov and I.V. Smolenov (1998) were used. Hundred twenty eight children aged 6-16 years with moderate asthma were examined. Group 1 (n=60) was treated by IHT (14 sessions), group 2 (n=38) by an incomplete course of IHT (7 sessions), and group 3 (n=30) received placebo therapy (14 sessions). The groups were matched for age, disease duration and course. Three IHT courses at 3-6-month intervals were carried out. Analysis of asthma courses and quality of life 3-4,5 years after treatment showed that in group 1 remissions were longer (97%), the doses of broncholytics decreased, the frequency of acute respiratory viral infections decreased, the quality of life improved, distress and severity of asthma decreased ($p<0,05$). No changes were observed in children who received an incomplete course of IHT or placebo.