

Title of Intervention: Buteyko Breathing Technique Video

Intervention Strategies: Individual Education

Purpose of the Intervention: To improve the quality of life for adult asthma patients

Population: Adult asthma patients

Setting: Home-based

Partners: None mentioned

Intervention Description:

- Individual Education: The Buteyko Breathing Technique (BBT) involves shallow breathing exercises. The intervention was a 67-minute video entitled "Buteyko Breathing Method." The video included an explanation of the theory behind the method as well as a 20-minute self-guided BBT session. Participants were requested to watch this portion of the video twice each day for a period of four weeks. The participants were also given a copy of the accompanying manual.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Administrators
- Training: Not mentioned
- Technology: Video player
- Space: Homes
- Budget: Not mentioned
- Intervention: Videos, asthma diary
- Evaluation: Questionnaire

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - An asthma diary recorded daytime symptoms, nighttime symptoms, asthma medication intake, peak flow readings and other comments.
 - An Asthma Quality of Life Questionnaire was completed by participants.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Statistically significant improvement was demonstrated by the Buteyko group in breathlessness, mood disturbance subscales and total quality of life. Non-significant improvements were noted in the social disruption and concern for health. The BBT group reduced their reliever intake.

Maintenance: Not mentioned

Lessons Learned: This study has shown that the BBT as taught by a video can provide significant benefits in the management of mild to moderate asthma. BBT led to an increase in quality of life twice as great as that achieved by asthma education.

Citation(s):

Opat, A. J., M. M. Cohen, et al. (2000). "A clinical trial of the Buteyko Breathing Technique in asthma as taught by a video." *J Asthma* 37(7): 557-64.