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Evaluation of pulmonary function and quality of life among smokers and non-smokers

*Bruna de Souza Barreto de Amaral¹, Donayra Gomes Clara¹, Letícia Pavoni dos Passos¹,
Luciano Matos Chicayban², Alexandre Pereira Santos²*

(1) Scientific Initiation Student at PIBIC/CNPq – Physiotherapy Course; (2) Advisor Researcher - Pneumofunctional and Intensive Physiotherapy Research Laboratory – LAPEFIPI/ISECENSA – Physiotherapy Course – CENSA Higher Education Institutes – ISECENSA, Rua Salvador Correa, 139, Centro, Campos dos Goytacazes, RJ, Brazil.

Smoking is a major concern in modern society, as it is the main risk factor for COPD. In Brazil, one third of the adult population smokes, 16.7 million men and 11.2 million women. According to INCA statistics, there are an estimated 200 thousand annual deaths related to smoking in Brazil. To assess lung function and quality of life between smokers and non-smokers. A cross-sectional observational study will be carried out with 40 volunteers, 20 smokers and 20 non-smokers, male, aged between 50 and 70 years. Volunteers diagnosed with COPD, restrictive diseases, lung cancer, trachea and bronchi will be excluded. Volunteers will undergo an assessment of lung function through the following assessment methods: respiratory muscle strength by manovacuometry, peak expiratory flow and forced expiratory volume in one second through spirometry and quality of life will be performed using the Short Form Health Survey questionnaire 36 (SF-36). It is expected with the results obtained, to identify if there are changes in respiratory muscle strength, ventilatory function and quality of life of smokers. If there is respiratory compromise, the physical therapy approach can be directed towards preventive aspects of possible diseases related to smoking.

Keyword: Smoking. Respiratory Muscle Strength. Peak Expiratory Flow. SF-36.

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