

Abstract Presentations

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SingStrong

Can singing improve health and wellbeing in COPD? SingStrong: A pilot study

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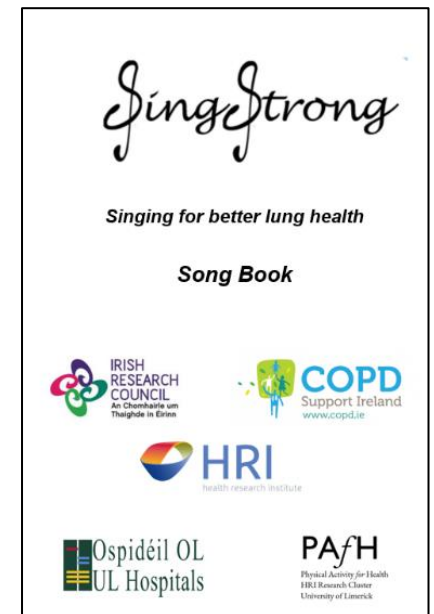
Methodology

Participants: Individuals with a diagnosis of COPD from COPD Support groups in three sites (n = 78).

Outcome measures: CAT, HADS, 6MWT, Spirometry

Pre-intervention: Training & PPI

Post intervention: Focus group semi-structured interviews



Intervention

- 8 x 1 hour community based singing
- Breathing exercises – and vocal warm-up
- Diaphragmatic breathing
- Prolonged breathing in and out
- Song practice



Results

Paired Samples T-Test

		Mean Change	Statistic		df	p	Cohen's d
Pre CAT	Post CAT	-1.0	Student's t	0.274	50.0	0.785	0.0376
			Wilcoxon W	626		0.704	0.0376
Pre 6MWT	Post 6MWT	+34m	Student's t	2.424	41.0	0.020*	-0.3741
			Wilcoxon W	209		0.002*	-0.3741
Pre HADS Dp	Post HADS Dp	-0.51	Student's t	0.832	50.0	0.409	0.1142
			Wilcoxon W	588		0.604	0.1142
Pre HADS Ax	Post HADS Ax	+0.68	Student's t	1.453	50.0	0.152	-0.1996
			Wilcoxon W	445		0.141	-0.1996

6MWT: N= 43; CAT, HADS: N = 52. *: Statistically significant.

Spirometry (n = 44)

	Pre-intervention n (%)	Post-intervention n (%)	Change +/-: n(%)
Obstructive	25 (56.9%)	23 (52.3%)	-2 (-4.5%)
Mild	9 (20.5%)	3 (6.8%)	-6 (-13.7%)
Moderate	9 (20.5%)	13 (29.5%)	+4 (+9%)
Severe	7 (15.9%)	7 (15.9%)	No change
Restrictive	6 (13.6%)	4 (9.1%)	-2 (-4.5%)
Mild	4 (9.0%)	1 (2.3%)	-3 (-6.7%)
Moderate	1 (2.3%)	2 (4.5%)	+1 (+2.2%)
Severe	1 (2.3%)	1 (2.3%)	No change
Normal	13 (29.5%)	17 (38.6%)	+4 (+9.1%)
Total	44 (100%)	44(100%)	

Qualitative feedback

Jing Strong

“Found it helped breathing to a great extent and enjoyed the classes.”

“I feel better in myself and really enjoyed it.”

“ It helped me physically and mentally and I learned a lot.”

“A fantastic learning experience with a brilliant teacher.”

“The breathing exercises very helpful with our own exercise programme”

Acknowledgements

SingStrong



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