

Efficacy of Physiotherapeutic Intervention in Pneumonia Patients: A Narrative Review

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ABSTRACT

Pneumonia is an acute respiratory infection of the lower respiratory tract. It is actually an umbrella term for a group of symptoms caused by organisms which maybe bacteria, viral or fungal, manifesting a variety of clinical features. Chest physiotherapy has gained popularity for resolving pneumonia in the recent years. This review aimed to analyse the effect of physiotherapy interventions on pneumonia patients. Keywords like pneumonia, airway clearance, chest physiotherapy, and respiratory physiotherapy were employed to identify relevant studies. A comprehensive literature search was conducted across various reputable sources, including Google Scholar, PubMed, Scopus, and Web of Science. Relevant

literature was systematically identified and analysed. A thorough evaluation of 20 articles was undertaken to draw a relevant result. A comprehensive review of several studies was conducted to assess the efficacy of chest physiotherapy in pneumonia patients. Out of the identified studies, 20 full-text articles were included in this analysis. These studies demonstrated that chest physiotherapy effectively improved functional ability, muscle strength, and SpO₂ levels, ultimately enhancing the quality of life for pneumonia patients. Chest physiotherapy is a simple yet effective therapeutic intervention employed in the management of pneumonia patients.

Keywords: Airway clearance, Chest physiotherapy, Respiratory physiotherapy.

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