

SUMMARY REPORT OF CARDIOPULMONARY & VASCULAR FITNESS CAMP

In the second week of Jan 2019 a Cardiopulmonary and Vascular fitness camp was organized In School of physiotherapy, RK university. The camp duration was one and half hour on 09th Jan 2019.

The camp was specially designed for various school of RK university with motto of spreading awareness about importance of Cardiopulmonary and Vascular fitness in today's lifestyle and how to improve/maintain it for healthier life ahead.

Objectives of the Camp were:

- To educate and create awareness about the importance of Cardiopulmonary and Vascular fitness.
- To evaluate the different parameters affecting Cardiopulmonary and Vascular fitness.
- To provide an opportunity to learn various technique to improve Cardiopulmonary and Vascular fitness.
- To provide a platform where person can come for follow up to work on their Cardiopulmonary and Vascular fitness as per requirement.

Details of Parameters evaluated:

1. Vitals check:

- a. In keeping the theme of camp vitals of the persons were assessed, which included Blood Pressure, Respiratory Rate and Heart Rate.

2. Evaluation of Dyspnea:

- a. Dyspnea, also known as shortness of breath or breathlessness, is a subjective sensation of breathing discomfort and is very much common these days due to sedentary lifestyle or lack of exercise. Before evaluating the dyspnea all the potential hazard and importance of the evaluation was explained.

3. Evaluation of Cardiopulmonary Endurance:

- a. After testing the capability of a person to breathe the endurance i.e. how well one's heart, lungs, and muscles work together to keep body active over an extended period was evaluated using Step Test.



4. Pulmonary function test:

- a. Now after having one's ability to breath and its endurance its time to evaluate exactly where one need to work to improve their respiratory system to cop up with demand of the body to certain activities. For this Pulmonary function test was performed using HELIOS 401.



5. Evaluation of Hypertension:

- a. After getting the overview of respiratory system now we move on condition of heart whether the heart can pump the blood as per requirement which directly affect the amount of oxygen delivered to the tissue. Hypertension was evaluated by Sphygmomanometer.

6. Evaluation of obesity:

- a. Last but not the least obesity, a condition which put a person of risk of impaired cardiopulmonary and vascular was assessed using BMI guidelines, given by WHO and Waist Circumference Issued ASIA Specific guidelines.

7. Physiotherapy Management:

- a. Technique to relieve dyspnea was taught.
- b. Aerobic training was planned.
- c. Regular follow-up was advised.