

A Cross-Sectional Assessment of the Effects of Inclined Sitting on COVID-19 Patient Condition

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DESCRIPTION

In the midst of the COVID-19 pandemic, medical professionals have tirelessly sought to understand and manage the diverse range of symptoms experienced by patients. One aspect that has garnered attention is the impact of inclined sitting on the condition of COVID-19 patients. It presents a comprehensive cross-sectional assessment of the effects of inclined sitting on the well-being of individuals battling the virus.

Understanding inclined sitting

Inclined sitting refers to a seated position where the upper part of the body is elevated, commonly achieved through the use of pillows or adjustable furniture. This practice has been observed in various healthcare settings as a means to alleviate respiratory distress and enhance patient comfort. However, its implications on COVID-19 patients have not been thoroughly explored until now.

Methodology: To delve into this matter, a cross-sectional study was conducted, involving a diverse sample of COVID-19 patients across different age groups and severity levels. The study aimed to assess the effects of inclined sitting on respiratory function, overall comfort, and recovery rates.

Respiratory function: One of the primary focuses of the assessment was on respiratory function. COVID-19 primarily affects the respiratory system, making it crucial to evaluate how inclined sitting may influence breathing patterns. The study revealed that inclined sitting can aid in expanding lung capacity and easing breathing difficulties, particularly in patients with moderate to severe symptoms.

Improved oxygenation was noted in patients adopting an inclined sitting position, suggesting a potential benefit in mitigating the respiratory challenges posed by the virus. Healthcare practitioners are now considering the incorporation of inclined sitting as a supplementary measure in managing respiratory distress in COVID-19 patients.

Overall comfort: Beyond its impact on respiratory function, inclined sitting also demonstrated positive effects on the overall comfort of patients. Participants reported reduced discomfort and improved restfulness during inclined sitting sessions. This finding underscores the importance of considering holistic approaches to patient care, acknowledging the interconnectedness of physical well-being and mental comfort in the recovery process.

Recovery rates: The cross-sectional study also explored the relationship between inclined sitting and recovery rates among COVID-19 patients. While not a standalone solution, inclined sitting was associated with slightly accelerated recovery times, particularly in patients with mild symptoms. The positive correlation between comfort, respiratory function, and recovery rates highlights the multifaceted nature of patient care during the COVID-19.

Challenges and considerations

Despite the promising aspects of inclined sitting, the study also brought to light certain challenges and considerations. Not all patients found inclined sitting equally beneficial, and individual preferences played a role in its effectiveness. Additionally, logistical challenges in implementing inclined sitting in various healthcare settings must be addressed to ensure its widespread applicability.

CONCLUSION

In conclusion, the cross-sectional assessment sheds light on the potential benefits of inclined sitting in managing the effects of COVID-19 on patients. From improved respiratory function to enhanced overall comfort and accelerated recovery rates, the findings provide valuable insights for healthcare practitioners. While inclined sitting may not be a universal solution, its integration into holistic patient care approaches warrants further exploration and consideration in the ongoing battle against the pandemic. As continue to navigate the complexities of COVID-19, understanding and leveraging innovative approaches like inclined sitting may contribute to more effective and patient-centered healthcare strategies.

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