

## EFFECTIVENESS OF HOME BASED STEAM INHALATION THERAPY ON REDUCING THE SYMPTOMS OF ACUTE UPPER RESPIRATORY TRACT INFECTIONS

SHEELA RANI<sup>1</sup> & A. LYDIA JASMINE<sup>2</sup>

<sup>1</sup>Professor, Bishop's College of Nursing, Chennai, Tamil Nadu, India

<sup>2</sup>Lecturer, Venkateswara Nursing College, Chennai, Tamil Nadu, India

"He who breaths most air lives most life"

*Elizabeth Barret Browning*

### ABSTRACT

Acute upper respiratory infections (AURI) are the major causes of morbidity and mortality in children world wide, particularly in developing countries. The clinical features of AURI are rhinorrhoea, nasal stuffiness, cough, sore throat, ear ache, malaise, restless, irritability and occasionally vomiting, onset of fever from 39 to 40 degree celsius, which lasts from few hours to 3 days, irritability, restless, nasal discharge, vomiting and nasal obstruction causes difficulty in sucking and breathing in infants. Steam inhalation may have local effect. Steam introduced into the deeper passages of the respiratory tract provides a larger surface area for absorption. The alveolar capillary network readily absorbs gases and mists introduced into the lungs. Airways must not interfere with the normal gas exchange such as constricting bronchiole.

Every year acute upper respiratory tract infection in younger children is responsible for an estimated 3.9 million deaths worldwide. Every year some 12 million children in developing countries die before they reach their fifth birthday, many during the first year of life. Globally, acute upper respiratory tract infections (AURI) constitute 19% of mortality in this age group. Although most of the attacks are mild and self limiting episodes, AURI is responsible for about 30 - 50 percent of visits to health facilities and for about 20 - 40 percent of admissions to hospitals. The incidence of acute sinusitis varies from 15 to 43 episodes per thousand patients per year. It is also a leading cause of disabilities including deafness as a sequelae of otitis media.

**KEYWORDS:** Effectiveness of Home Based Steam Inhalation Therapy on Reducing, Acute Upper Respiratory Infections (AURI)