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**Handbook of Research on Instructional Technologies in Health Education and Allied Disciplines** ·  
Pages 220 - 242 · 13 March 2023

**Document type**

Book Chapter

**Source type**

Book

**ISBN**978-166847165-4, 1668471647,  
978-166847164-7**DOI**

10.4018/978-1-6684-7164-7.ch010

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# An educational mobile health application for pulmonary rehabilitation in patients with mild to moderate COVID-19 pneumonia

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**Abstract**

There is an urgent need for individuals with mild to moderate COVID-19 pneumonia to learn and apply the recommended interventions for pulmonary rehabilitation. In the health literature, various studies showed that mobile health (m-health) applications play an important support role in managing health and coping with diseases. However, there is no m-health application yet for pulmonary rehabilitation specifically designed for COVID-19 patients. This chapter reports the development of "Covid Breathe" and its evaluation in terms of feasibility, safety, and effectiveness. A hundred patients with mild to moderate pneumonia were randomly assigned to control and intervention groups. While 88% of the patients reported being very satisfied with the m-health application, no statistical difference in patient satisfaction between the groups was reported. Nevertheless, there was a statistically significant improvement in Modified Borg Scale, Dyspnea Score, and Hospital Anxiety and Depression Scale parameters. The usage of this m-health app is therefore recommended for pulmonary rehabilitation. © 2023, IGI Global. All rights reserved.

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