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Use of Incentive Spirometry in Adults following Cardiac, Thoracic, and Upper Abdominal Surgery to Prevent Post-Operative Pulmonary Complications: A Systematic Review and Meta-Analysis

Kerrie A. Sullivan^{a, b} Isabella F. Churchill^{a, b} Danielle A. Hylton^{a, b}
Waël C. Hanna^{a, b}

^aDepartment of Health Research Methods, Evidence, and Impact, McMaster University, Hamilton, ON, Canada;
^bDivision of Thoracic Surgery, St. Joseph's Healthcare Hamilton, Hamilton, ON, Canada