

# INCREASED KNOWLEDGE OF DIAPHRAGMATIC BREATHING EXERCISES IN BRONCHIAL ASTHMA SUFFERER TO INCREASE PEAK EXPIRATORY FLOW

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## EXECUTIVE SUMMARY

**Background:** Bronchial asthma is a disease characterized by narrowing of the airway due to excessive activity against certain stimuli characterized by respiratory symptom and varying intensity that is reversible. One of the non pharmacological measure for people with bronchial asthma is the diaphragm breathing exercise. Diaphragm Breathing Exercise is a breathing exercise that focuses on the enlarged abdominal cavity due to the lung being filled with air & breathing exercises that relax the respiratory muscles during deep inspiration which is useful for improving respiratory function & increasing the Peak Expiratory Flow (PEF). Information of the importance of diaphragm breathing exercise can be socialized through media, one of it namely poster. **Purpose:** poster can be used as media for public education, especially for patients with bronchial asthma, so that they know and apply diaphragm breathing exercises to improve respiratory function. **External description:** the theme of this poster is diaphragm breathing exercise as an effort to increase Peak Expiratory Flow (PEF) and was created with software of the Corel Draw application. **Conclusion:** diaphragmatic breathing exercises can be used to improve respiratory function and diaphragmatic breathing exercise poster for bronchial asthma sufferer can be used as a media of education, communication and informatn

Keywords: Bronchial asthma, diaphragm breathing Exercise, Peak Expiratory Flow