

BREATHING TECHNIQUES AS PULMONARY REHABILITATION EFFORTS IN BREATHLESS

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SUMMARY

Background; Shortness of breath is a health problem that can cause discomfort in the chest. Shortness of breath can be caused by several conditions such as problems with the lungs, esophagus, muscles, ribs, or nerves. Some of these conditions are serious and can be life threatening. Pulmonary rehabilitation non-pharmacological therapy aims to reduce and control shortness of breath. The components of pulmonary rehabilitation consisting of physical exercise (breathing, postural drainage, chest physiotherapy), exercise (walking, running, cycling), health education and limb training are also part of the pulmonary rehabilitation program. **Method;** Non-pharmacological management with breathing exercises through pursed-lip and breathing techniques, diaphragmatic breathing breathing through booklet. **Result;** Booklet as a medium of communication and information on health education that is effective and efficient, with the aim of increasing knowledge and understanding which is designed in an attractive and easy to understand manner. **Conclusion;** Booklets can be used as educational and information media to increase public knowledge about breathing exercises through pursed-lip breathing techniques and diaphragmatic breathing to treat shortness of breath.

Keywords; Dyspnea, Pulmonary Rehabilitation, Breathing Exercises