

PHYSICAL CAPACITY STRENGTHENING EXERCISE PROGRAM IN CHRONIC OBSTRUCTIVE PULMONARY DISEASE REHABILITATION

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SUMMARY

Background: *Chronic Obstructive Pulmonary Disease (COPD) is a common disease that can be prevented and treated, characterized by the patient's respiratory symptoms and airflow limitation caused by airway and/or alveolar abnormalities which are usually caused by significant exposure to noxious particles or gases. The outcome target of this strengthening exercise program in the rehabilitation of chronic obstructive pulmonary disease is to increase the ability of activities in COPD patients in daily life by providing pursed lip breathing exercises and static bicycles. Based on the description of the problems described above, the authors are interested in making educational media in the form of a booklet with the title " Physical Capacity Strengthening Exercise Program in Chronic Obstructive Pulmonary Disease Rehabilitation". strengthening of COPD rehabilitation.*

Objective: *IEC Program (Communication, Information, and Education) Physical Capacity Strengthening Exercise Program in Chronic Obstructive Pulmonary Disease Rehabilitation to increase exercise strength in the elderly. The booklet that will be produced is expected to be a promotional medium for the community, especially for the elderly.*

Methods: *The method uses the IEC Program (Communication, Information, and Education) in the form of booklets as a health promotion medium that contains the understanding and procedures of the rehabilitation exercise program in the rehabilitation of chronic obstructive pulmonary disease.*

Keyword: *Chronic Obstructive Pulmonary Disease (COPD), pursed lip breathing exercise, static bicycle, IEC Program (Communication, Information, and Education), booklet*