

Active Cycle Breathing Technique (ACBT) Pengeluaran Sputum Pada Lansia Penderita Penyakit Paru Obstruktif Kronis (PPOK)

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SUMMARY

Background : The population of Elderly in every years always increased. This condition is closely related to the aging process which is prone to changes and causes problems that can affect the quality of life of the elderly, one of the problems that often found except for psychological problems, where the function of body organs and immune systems decreases so that disease often occurs on the elderly degenerative and also non degenerative one of them is PPOK which is the disease that attack the respiratory system so that in general complaint in this condition is out of breath and Sputum. Look from the high of numbers elderly that have an increasing of Sputum because of PPOK in Indonesia so required an intervention to reduce Sputum at the case of PPOK on the elderly that is by doing breath training Active Cycle Breathing Technique (ACBT). PPOK (*Penyakit Paru Obstruktif Kronik*) is the cronic lung disease that marked with a airflow resistance because of Sputum at the respiratory tract. Sputum (Sputum) is material expelled from the lungs and trachea through the mouth. Sputum that produced by somebody should be evaluated origin, color, volume and consistency because the condition of Sputum often show specifically proces of patologic at the formation Sputum itself. ACBT is the way to clear Sputum from chest. This technique move the Sputum from respiratory way in front of lungs at the bigger respiratory tract near with top part which is the Sputum cleaning process will be more maximize with helped by huffing and cough.

Purpose : This KIE (*Komunikasi Informasi dan Edukasi*) program expected can gives an information and add knowledge Active Cycle Breathing Technique (ACBT) Sputum production at the elderly that have *Paru Obstruktif Kronis* (PPOK) disease poster media form.

Method : the Method to use the KIE (*Komunikasi Informasi dan Edukasi*) program in the form of poster as alternative information, contains definition and the procedure to do Active Cycle Breathing Technique (ACBT) take out the Sputum at the elderly *Penderita Penyakit Paru Obstruktif Kronis* (PPOK).

Result: KIE (*Komunikasi Informasi dan Edukasi*) poster media will be distributed to the elderly affected PPOK as guidelines that can understand to do the Active Cycle Breathing Technique (ACBT).

Conclusion : *Active Cycle Breathing Technique* (ACBT) are effective to take out the Sputum at the elderly *Penderita Penyakit Paru Obstruktif Kronis* (PPOK)

Key terms : eldelry, *Penyakit Paru Obstruktif Kronis* (PPOK), Sputum, Active Cycle Breathing Technique (ACBT), Poster.