

**PURSED LIP BREATHING EDUCATION TO PREVENT ASTHMA  
REPRESENTATION THROUGH VIDEO MEDIA**

Danang Tulus Prasetya<sup>1</sup>, Dewi Kartika Sari<sup>2</sup>  
[danangtulus001@gmail.com](mailto:danangtulus001@gmail.com)  
University of 'Aisyiyah Surakarta

**SUMMARY**

**Background :** Asthma is a form of chronic inflammation of the airways. The clinical picture of asthma patients : severe dyspnea or severe shortness of breath with prolonged expiration with wheezing or wheezing sounds. There are two types of treatment that can be done for asthma, namely pharmacological and non-pharmacological treatment. From 10 research works it has been proven that the Pursed Lip Breathing technique can reduce shortness of breath in asthma sufferers. Education is carried out by creating video media. **Method :** The KIE output method is in the form of educational video media about preventing asthma recurrence. The discussions contained in this video include the meaning of asthma, causes of asthma, signs of asthma symptoms, treatment/management of asthma, and efforts to prevent asthma recurrence. **Results :** The method used in this outcome, namely using video media by taking pictures via a cellphone camera, is expected to increase public knowledge about preventing asthma recurrence. The author creates video media with the aim of education. **Conclusion :** Using video media is expected to make it easier to convey information about preventing asthma recurrence to the public.

**Keywords :** Education, Asthma, Prevention, Asthma Education, Asthma Prevention, Educational Videos