

**APPLICATION OF PURSED LIPS BREATHING THERAPY TO CHANGES
IN RR (RESPIRATORY RATE) IN PNEUMONIA PATIENTS IN RSUD DR.
MOEWARDI SURAKARTA**

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ABSTRACT

Background; *Pneumonia is an infectious disease that affects the lower respiratory tract with signs and symptoms such as coughing and shortness of breath caused by microorganisms such as viruses, bacteria, fungi and other microorganisms. The symptoms found in pneumonia are an increase in RR caused by inflammation of the alveoli which are filled with fluid which makes it difficult for the body to get oxygen. One of the nonpharmacological therapies to reduce respiratory rate is pursed lips breathing therapy. Pursed lips breathing exercise is the attitude of someone who breathes with a pursed mouth and an elongated expiration by including diaphragmatic and pursed lips breathing to improve ventilation and synchronize the work of the abdominal and thoracic muscles.*
Objective: *To find out the results of the implementation of pursed lips breathing therapy to reduce respiratory rate in pneumonia patients.*
Methods: *The application was carried out using a descriptive method with a case study design in pneumonia patients who experienced shortness of breath. The application of pursed lips breathing was carried out for 3 consecutive days. Measuring instrument for measuring respiratory rate using a ticking watch.*
Results: *Pursed lips breathing therapy can reduce the respiratory rate in pneumonia patients at dr.Moewardi Hospital, Surakarta.*
Conclusion: *There is a difference in the development of decreased respiratory rate in pneumonia patients before and after the application of pursed lips breathing exercises. So pursed lips breathing can be used as a non-pharmacological technique to reduce respiratory rate.*

Keywords : *Pneumonia, Breathing Rate, Pursing Lip Breathing*