

**APPLICATION OF PURSED LIPS BREATHING THERAPY TO  
OXYGENATION STATUS IN CHILDREN WITH PNEUMONIA AT DR  
MOEWARDI HOSPITAL, SURAKARTA**

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**ABSTRACT**

**Background** : Pneumonia is a bacterial inflammatory disease of the lungs that arises due to the invasion of several pathogens and one of the most common causes is that it can cause impaired function of the respiratory organs such as difficulty breathing due to lack of oxygen. The 2020 Indonesia Health Profile found that infectious diseases contributed to death in the group of children aged 29 days - 11 months. Patients with pneumonia who are hospitalized often experience respiratory distress which is characterized by rapid breathing, chest retraction, nostril breathing and accompanied by stridor. **Objective** : To find out the results of applying Pursed Lips Breathing Therapy to the Oxygenation Status of Children with Pneumonia at Dr Moewardi Hospital, Surakarta. **Methods** : Descriptive research in the form of a case study to describe the administration of Pursed Lips Breathing to improve oxygenation status in children with pneumonia. A pre test-post test was carried out for oxygenation status after the PLB intervention. This therapy is carried out 30 times in a span of 10-15 minutes within 3 days every morning interspersed with regular breaths. **Result** : the final result of applying Pursed Lips Breathing Therapy after 3 consecutive days was that the respiratory frequency decreased but was still in the fast category and oxygen saturation in both respondents had an increase in oxygen saturation from abnormal to normal. **Conclusion** : There was a change in the oxygenation status of the two respondents after the Pursed Lips Breathing intervention was carried out.

**Keywords:** Pneumonia, Oxygenation, Pursed Lips Breathing