

**APPLICATION OF PURSED LIP BREATHING THERAPY TO BLOOD
BALLOON ON THE OXYGENATION STATUS OF CHILDREN WITH
ASTHMA IN KARANGANYAR DISTRICT HOSPITAL**

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ABSTRACT

Background ; Asthma sufferers in the world have reached 334 million people. Cases of asthma in children in Indonesia are slightly higher than adults. The highest prevalence in children aged 5-14 years is 1.9%. Asthma is a chronic inflammatory disease of the airways which is characterized by airway disturbances such as shortness of breath, coughing and chest tightness. Asthma is characterized by respiratory distress which is the body's compensation when oxygen disturbance occurs, low concentrations of oxygenation stimulate the central nervous system to increase the frequency of fast breathing. **Objective ;** Implementing the application of Pursed Lip Breathing Therapy Blowing Ballons on the Oxygenation Status of Childer with Asthma at Karanganyar District Hospital. **Method ;** Methods of data collection using descriptive analysis and case studies. **Results ;** In the results after applying pursed lip breathing therapy to blowing balloons in children with asthma for 3 days, the results obtained were a decrease in respiratory rate (RR) 27-38 x minutes, an increase in heart rate (HR) 110-130 x minutes, an increase in oxygen saturation (SPO) 98-99%. **Conclusion ;** The application of pursed lip breathing therapy blowing balloons on the oxygenation status of children with asthma is quite effective as indicated by a decrease in Respiratory Rate (RR), an increase in Haert Rate (HR), and an increase in Oxygen Saturation (SPO).

Keywords ; Puresd Lib Breathing, Oxygenation Status, Asthma.