

**APPLICATION OF BALLON BLOWING THERAPY ON OXYGEN
SATURATION IN COPD PATIENTS IN FLAMBOYAN BANGSAL 7
DR. MOEWARDI SURAKARTA**

Tika Alvio Nita, Eska Dwi Prajayanti
Tikaalvio03@gmail.com
Universitas'Aisyiyah Surakarta

ABSTRACT

Background: Chronic Obstructive Pulmonary Disease (COPD), a condition in which air flow to the lungs is limited, causing difficulty in breathing. Chronic Obstructive Pulmonary Disease (COPD) causes a decrease in oxygen levels in the blood ($SpO_2 < 85\%$) because oxygen flow to the lungs is reduced due to obstruction in the airways or because lung function decreases in the process of exchanging oxygen and carbon dioxide. **Research Objective:** to determine the effect of *balloon blowing* therapy on oxygen saturation in COPD patients in Flamboyan 7 Dr. Moewardi Surakarta ward. **Method:** Descriptive application,, research sample of 2 respondents, research instrument using observation sheet and oximeter, application using balloon blowing therapy. **Results:** After carrying out balloon blowing therapy times in 3 days, the respondent experienced an increase in oxygen saturation values with results for Mr.S 98% and Mr.K 98%. **Conclusion:** the application of *balloon blowing* therapy can increase oxygen saturation in Chronic Obstructive Pulmonary (COPD) patients in Flamboyan 7 Dr. Moewardi Surakarta ward.

Keywords: *Balloon Blowing* Therapy, COPD, Oxygen Saturation