

**APPLICATION OF PURSED LIPS BREATHING TO THE FREQUENCY OF
BREATHING IN CHILDREN WITH PNEUMONIA IN THE CEMPAKA
CHILD HCU ROOM OF DR. MOEWARDI HOSPITAL**

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ABSTRACT

Background; *Pneumonia is a lower respiratory tract infection that can cause death in children. Causes include bacteria, viruses, and fungi. Symptoms of pneumonia include fever, cough, and shortness of breath. One of the nonpharmacological therapies that can be done to overcome ineffective breathing patterns is the application of Pursed Lips Breathing therapy. This therapy can be given to children with pneumonia by increasing the development of the alveolus in each lung lobe so that the frequency of breathing becomes normal and the child becomes more relaxed.* **Objective ;** *To determine the results of the application of pursed lips breathing on respiratory frequency in children with pneumonia in the Cempaka Children's HCU Room of Dr. Moewardi Surakarta Hospita.* **Method;** *This type of research uses a descriptive method with a case study approach. The study was conducted on 2 respondents with a medical diagnosis of pneumonia. This study used measurements of breathing frequency or respiration rate (RR). Interventions were carried out morning and evening for 3 days.* **Results;** *The results of the study obtained changes in An. R 44 x/min to 32 x/min and in An. S 32 x/min to 20 x/min.* **Conclusion;** *After pursed lips breathing therapy there was a change in the frequency of breathing in both respondents, in respondent An. R still showed tachypnea while An. S still showed tachypnea. R still shows tachypnea while An. R has shown normal values characterized by improved breathing patterns.*

Keywords: Pneumonia, Pursed_Lips_Breathing, Respiratory_frequency, Children