

APPLICATION OF SEMI FOWLER POSITION DAN DIAPHRAGMATIC BREATHING EXERCISE IN IMPROVING OXYGEN SATURATION IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) IN ICU OF REGIONAL GENERAL HOSPITAL (RSUD) dr. SOEDIRAN MANGUN SUMARSO WONOGIRI

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ABSTRACT

Background: Chronic Obstructive Pulmonary Disease (COPD) is a progressive respiratory condition that causes a decrease in oxygen saturation due to impaired gas exchange in the lungs. This reduction has a significant impact on the patient's physiological status, quality of life, and increases the risk of complications. Non-pharmacological interventions, such as the semi-Fowler position and diaphragmatic breathing exercise, are known to enhance lung ventilation and improve diaphragmatic efficiency, thus supporting better oxygenation. **Objective:** To examine the effect of combining the semi-Fowler position and diaphragmatic breathing exercise on oxygen saturation in COPD patients in the ICU of RSUD dr. Soediran Mangun Sumarso Wonogiri. **Method:** A descriptive study with a case study approach involving two patients. The intervention was carried out regularly according to standard operating procedures. **Results:** There was a significant increase in oxygen saturation from below normal levels to $\geq 95\%$ after the intervention. **Conclusion:** This combination is an effective and safe non-pharmacological method to support oxygen saturation improvement in ICU patients with COPD.

Keywords: COPD, Oxygen Saturation, Semi-Fowler Position, Diaphragmatic Breathing Exercise.