

***THE APPLICATION OF THE POSITION OF LEANING FORWARD AND
PURSED LIPS BREATHING (PLB) OF DYSPNEA TO THE CHRONIC
OBSTRUCTIVE PULMONARY DISEASE (COPD) IN PUSKESMAS
NGORESAN REGION***

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ABSTRAK

Background: Chronic Obstructive Pulmonary Disease (COPD) is a group of lung diseases that affect the pattern of air flow from the inside and out of the lungs. Some diseases that often to be found are chronic bronchitis, bronchial asthma, and emphysema. COPD is a non-communicable disease that have been Indonesian's health problem. COPD cases are more and more increasing due to number of smokers, air pollution from industries and vehicle emission that are still increasing. In most case, COPD sufferers have dyspnea. ***Purpose;*** To describe the progress of dyspnea of the COPD patient before and after done provision of training positions leaning forward and pursed lips breathing (PLB). ***Method;*** this research is a case study research wich apply descriptive journal. Descriptive research is used to get new meaning, describe the catagory of a problem, explain the frequency of a case from some phenomenons. ***Results;*** there is a Difference of dyspnea after done the position of leaning forward and pursed lips breathing (PLB). ***Conclusion;*** the application of the position of leaning forward and pursed lips breathing (PLB) decrease of dyspnea of the chronic obstructive pulmonary disasea (COPD) patient.

Keywords; COPD, dyspnea, the position of leaning forward, PLB.