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HOW TO MAINTAIN THE QUALITY OF LIFE OF PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE

SUMMARY

Background: The World Health Organization states that smoking is one of the risks of non-communicable diseases (PTM) such as chronic obstructive pulmonary disease (COPD). Basic Health Research states that the incidence rate (COPD) is found in East Nusa Tenggara (10%), Central Java (3.4%), West Sulawesi and South Sulawesi (6.7%). Chronic Obstructive Pulmonary Disease is characterized by a productive cough channel. breath resulting in hyper inflammation of the lungs which causes increased work of breathing so that the patient experiences symptoms of shortness of breath. How to maintain quality of life in Chronic Obstructive Pulmonary Disease (COPD) patients. Maintaining Quality of Life by quitting smoking, self-confidence, healthy lifestyle and exercise. **Purpose:** To serve as a promotional medium that contains ways to maintain the quality of life for patients with chronic obstructive pulmonary disease. **Method:** The method used is using IEC media, namely posters as a tool to increase knowledge on how to maintain the quality of life. **Result:** The KIE Postert media will be distributed to patients with chronic obstructive pulmonary disease and health care therapists. **Conclusion:** This IEC media project was created with the aim of being a media for promotion, information and education for the community, especially COPD patients.

Keywords: *COPD, Quality of Life, Poster.*