

SUMMARY

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REDUCING BREATHING IN CHRONIC OBSTRUCTIVE LUNG DISEASE (COPD) WITH PURSED LIP BREATHING EXERCISE

SUMMARY

Background : Indonesia is a country with a high number of smokers of all ages. The high prevalence of smoking leads to an increase in the incidence of Chronic Obstructive Pulmonary Disease (COPD). COPD patients have obstruction of the respiratory tract caused by harmful particles contained in cigarettes, causing shortness of breath. Physiotherapy is very instrumental in helping reduce shortness of breath in COPD in exercising and improving breathing, expelling mucus, and clearing the airway with the Pursed Lip Breathing Exercise. **Purpose :** Knowing and making Communication Information and Education to regarding Pursed Lip Breathing Exercise as a promotional medium for Physiotherapy in an effort to motivate patients to reduce shortness of breath in COPD. **Methods :** The method used is using IEC media, namely posters as a promotional media for physiotherapy in an effort to motivate patients to reduce shortness of breath in COPD. **Result :** The resulting KIE poster media will be posted in the hospital lobby, hospital wall paper and waiting room. The resulting poster will also be published through the author's blog, namely katanyamulaikatakita.blogspot.com which is easily accessible by patients and non-patients with COPD. **Conclusion :** As a medium of education and information for patients in dealing with shortness of breath in COPD cases.

Keywords : Dyspnea, COPD, Pursed Lip Breathing Exercise, Poster