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THE WAY TO IMPROVE THE QUALITY OF LIFE OF CHRONIC OBSTRUCTIVE LUNGER DISEASE (COPD) THROUGH SMOKING STOP EDUCATION

SUMMARY

Background: The spread of Chronic Obstructive Pulmonary Disease (COPD) in Indonesia is 3.7% per mile, with a higher prevalence in males of 4.2%. COPD is a chronic disease characterized by productive cough and dyspnea and the occurrence of airway obstruction even though the disease is chronic and is a combination of emphysema, chronic bronchiolitis and asthma, but under certain circumstances deterioration of respiratory function. Education of smoking cessation is one way to improve the quality of life for COPD patients. Video platform are chosen to provide health information that can summarize information effectively and attractively. **Purpose:** To provide information and knowledge to the public especially COPD patients about how to improve the quality of life of COPD patients by quitting smoking. **Method:** With the media of video "Improve Quality of Life by Quitting Smoking". **Conclusion:** Video "Improve quality of life by quitting smoking" is expected to be useful as a media for health education for COPD patients and the community so they can be motivated to quit smoking.

Keywords : *Quality of life, Smoking, COPD patients.*

