

DIAPHRAGM BREATHING EXERCISES AS AN EFFORT TO INCREASE OXYGEN SATURATION CHRONIC OBSTRUCTIVE PULMONARY DISEASE PATIENTS

Irvana Rosita Anggraini

Irvanarositaanggraini69@gmail.com

University of 'Aisyiyah Surakarta

SUMMARY

Background: Chronic obstructive pulmonary disease is a disease that causes sufferers to have difficulty breathing because the air flow from the lungs is blocked by mucus. The prevalence of COPD in Central Java ranks seventh with 31,817 cases or 2.1%. Education is one of the methods to provide information on improving oxygen saturation in COPD patients.

Method : Using video media "tips to improve oxygen saturation with diaphragm breathing exercises" chosen as a medium of communication in providing health information to COPD patients. **Result:** Project produced in the form of video media as an educational media for COPD patients as an effort to increase oxygen saturation. **Conclusion:** The video titled "tips for improving oxygen saturation with diaphragm breathing exercises" contains information on improving oxygen saturation in COPD patients along with material descriptions and steps of diaphragm breathing exercises that make it easier for COPD patients to understand the material. It is hoped that this video can be useful as a medium of education for COPD patients to increase oxygen saturation.

Keywords : Diaframa, breathing, exercise, saturation, oxygen