

**EFFORTS TO REMOVE SPUTUM IN CHILDREN WITH ACUTE
RESPIRATORY INFECTION WITH CHEST PHYSIOTHERAPY USING
BOOKLET MEDIA**

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SUMMARY

Background: Children who suffer from disorders of the respiratory system often have excessive mucus production in the lungs. Sputum will usually accumulate so that it becomes a thick liquid that is difficult to expel. One of the nursing actions that can be used to remove phlegm in children who have an ineffective airway is the application of chest physiotherapy. In the application of chest physiotherapy techniques using several actions, namely postural drainage, vibration, and clapping. The purpose of doing chest physiotherapy is to assist in removing sputum that is difficult to remove and to help prevent shortness of breath due to accumulated sputum. **Methods :** Information about the importance of giving chest physiotherapy techniques to help expectoration of phlegm in school-age children is disseminated through the media, one of which is a booklet. Booklet media is one of the health promotion media that aims to convey information to the community with Upper Respiratory Tract Infections in printed form. **Result:** The title of the booklet is "Efforts to Remove Phlegm in Children with Upper Respiratory Tract Infections with Physiotherapy" made with a design application with a size of 3 ,5x5.5 inches consisting of 10-18 pages. **Conclusion:** Giving chest physiotherapy techniques is

very helpful in removing phlegm in children with ARI, so it is hoped that this therapy can be used as an alternative to help expel phlegm.

Keywords: *chest physiotherapy, school age children, ARI, booklet*