

## ABSTRACT

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<b><i>APPLICATION OF FORWARD LEANING POSITION AND PURSED LIPS BREATHING TOWARDS DECREASED COMPLAINTS OF BREATHLESSNESS IN CHRONIC OBSTRUCTIVE PULMONARYDISEASE (COPD) IN PRIMARY HEALTH SERVICE PAJANG WORK AREAS</i></b>	
<b><i>ABSTRACT</i></b>  <b><i>Background:</i></b> <i>Chronic obstructive pulmonary disease (COPD) is characterized by dyspnea and productive stones. Dyspnea is progressive all the time, occurs daily, worsens during exercise and worsens with respiratory infections. Increased shortness of breath sometimes accompanied by increased sputum and sputum become more purulent or discolored. <b>Objective:</b> To describe the effectiveness of forward-leaning position and pursed lips breathing on decrease of shortness of breath in PPOK patients. <b>Method:</b> descriptive research with case study research design. The research instruments used are tension meter, watch, observation sheet and forward positioning SOP and pursed lips breathing. <b>Results:</b> The results show the Respiratory Rate prior to the forward-leaning position therapy and the pursed lps breathing on Mrs. S is 28x / min and Mrs. M is 32x / min. Meanwhile, the results after the position is forward-leaning and pursed lips breathing on Mrs. S is 22x / min and Mrs. M is 24x / min. <b>Conclusion:</b> Based on the result of data analysis, it is known that there is difference of Respiratory Rate before and after therapy of forward position and pursed lips breathing.</i>	
<b><i>Keywords:</i></b> <i>COPD, Leaning Position, pursed lips breathing.</i>	