

ABSTRACT

Reviza Sakia Putri (2023). Application of Diaphragmatic Breathing Exercises to Reduce the Frequency of Asthma Attacks in Patients with Bronchial Asthma in the Work Area of the Karya Wanita Health Center. Scientific Writing, Riau Nursing D-III Study Program, Department of Nursing, Riau Health Ministry Polytechnic. Supervisor (I) Melly, SST., S.Kep, M.Kes, (II) Ns. Nia Khusniyati M., M.Kep

The most common respiratory disorder in humans is bronchial asthma. Diaphragmatic breathing exercises are breathing exercises that can flex the respiratory muscles during inspiration and expiration. Describe the application of diaphragmatic breathing exercises to reduce the frequency of asthma attacks in patients with bronchial asthma in the work area of the Karya Wanita Health Center. This type of research is a descriptive case study with 2 subjects. After doing diaphragmatic breathing exercises twice a day, namely morning and evening for 2 consecutive weeks, the researchers found that there was a decrease in the frequency of asthma attacks and changes in breathing frequency in subject I. The frequency of asthma attacks in the last 2 weeks measured on day 0 was 3 times to 1 time on day 14 after application, and the average respiratory frequency before diaphragmatic breathing exercises was 23x/i to 21x/i, while subject II also experienced a decrease in the frequency of asthma attacks in the last 2 weeks measured on day 0 was 3 times to 2 times on day 14 after application, and the average respiratory frequency before diaphragmatic breathing exercises was 23x/i to 20x/i. Furthermore, the results of the case study on the application of diaphragmatic breathing exercise techniques to reduce the frequency of asthma attacks against patients with bronchial asthma in the Working Area of the Karya Wanita Health Center, Pekanbaru City can be used as a basis for further researchers in terms of developing one of the non-pharmacological therapies that can be given to patients with bronchial asthma.

Keywords : Diaphragmatic Breathing Exercises, Bronchial Asthma.