

# Efektivitas Latihan Penguatan Otot-Otot Ekspirasi pada Pasien Obstructive Sleep Apnea dengan Obesitas : Laporan Berbasis Bukti = Effectiveness of Expiratory Muscle Strengthening Exercise on Obstructive Sleep Apnea Patients with Obesity: Evidence Based Case Report

Lina Maylani, author

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## Abstrak

Tesis ini disusun untuk menilai pengaruh latihan penguatan otot-otot ekspirasi dalam mengurangi gejala sleep apnea pada pasien Obstructive Sleep Apnea dengan obesitas menggunakan metode penelitian Evidence-Based Case Report (EBCR). Pencarian literatur dilakukan pada Pubmed, ProQuest, EBSCOHost, Scopus dan Cochrane sesuai dengan pertanyaan klinis. Penelitian ini menggunakan Randomized Controlled Trial pada satu jurnal yang didapat untuk menilai kualitasnya berdasarkan validitas, kepentingan dan aplikabilitasnya. Dari hasil Randomized Controlled Trial didapatkan bahwa subjek penelitian adalah pasien Obstructive Sleep Apnea dengan obesitas. Kesimpulan penelitian ini adalah latihan penguatan otot-otot ekspirasi dapat mengurangi gejala sleep apnea dengan menurunkan nilai Apnea-Hypopnea Index pada pasien Obstructive Sleep Apnea

.....This thesis was designed to assess the effect of expiratory muscle strengthening exercises in reducing sleep apnea symptoms in Obstructive Sleep Apnea patients with obesity using an evidence-based case report (EBCR) research method. A literature search was performed on Pubmed, ProQuest, EBSCOHost, Scopus and Cochrane according to clinical questions. This study uses a Randomized Controlled Trial in one journal obtained to assess its quality based on its validity, importance and applicability. From the results of the Randomized Controlled Trial, it was found that the research subjects were Obstructive Sleep Apnea patients with obesity. The conclusion of this study is that expiratory muscle strengthening exercises can reduce sleep apnea symptoms by reducing the Apnea-Hypopnea Index value in Obstructive Sleep Apnea patients