

Latihan pernapasan diafragma meningkatkan arus puncak ekspirasi (ape) dan menurunkan frekuensi kekambuhan pasien asma

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Abstrak

Salah satu penatalaksanaan asma yaitu latihan pernapasan diafragma yang dapat meningkatkan fungsi paru pasien asma. Tujuan penelitian untuk menguji pengaruh latihan pernapasan diafragma terhadap peningkatan Arus Puncak Ekspirasi (APE) dan penurunan frekuensi kekambuhan pasien asma. Penelitian true experiment pretest-posttest with control group melibatkan 28 subjek penelitian secara random. Subjek dibagi menjadi kelompok intervensi dan kelompok kontrol melalui randomisasi sejumlah 14 orang untuk masing-masing kelompok. Pengukuran APE menggunakan peak flow meter dan frekuensi kekambuhan dicatat dengan lembar catatan observasi. Hasil penelitian terdapat perbedaan yang signifikan rerata selisih APE kelompok intervensi (mean $126,43 \pm 22,05$ L/menit) dan kelompok kontrol (mean $52,14 \pm 56,45$ L/menit) dengan p 0,001, serta terdapat perbedaan yang signifikan rerata selisih frekuensi kekambuhan kelompok intervensi (mean $1,29 \pm 0,61$) dan kelompok kontrol (mean $0,79 \pm 0,57$) dengan nilai p 0,038. Latihan pernapasan diafragma menjadi pertimbangan dalam penatalaksanaan pasien asma.

.....One of the management of asthma is diaphragmatic breathing exercises that could improve lung function of asthma patients. The objective of the study was to examine the effect of diaphragmatic breathing exercises on Peak Expiratory Flow Rate (PEFR) and decreased frequency of mild-moderate asthma relapse on the patients. True experiment method pretest-posttest with control group was applied in this study with involved 28 random research subject. Subjects were divided into intervention groups and control groups through randomization of 14 people for each group. PEFR measurements using peak flow meter and relapse frequency were recorded with an observation note sheet. There was a significant difference of difference PEFR mean between intervention groups (mean 126.43 ± 22.05) and control group (mean 52.14 ± 56.45) with p 0.001. There was a significant difference of difference mean frequency between intervention group (mean 1.29 ± 0.61) and control group (mean 0.79 ± 0.57) with p 0.038. Diaphragmatic breathing exercise is a consideration in the management of asthma patients.