

## **ABSTRACT**

Pursed Lips Breathing Technique and Effective Coughing Exercises Intervention to Overcome Ineffective Airway Clearance in Bronchial Asthma Patients in the Dahlia Room, Unisma Hospital. Dewi Primaningsih (2025). Nursing Profession Education Study Program, Nursing Department, Health Polytechnic of the Ministry of Health Malang. Supervisor Supono, S. Kep., Ns., M. Kep., Sp. KMB

Bronchial asthma is a significant and complex health issue, characterized by chronic inflammation of the airways, leading to airway narrowing and symptoms such as shortness of breath, wheezing, coughing, and chest pain. This scientific work uses a descriptive research design with a case study approach. Interventions that can be performed on patients with bronchial asthma and ineffective airway clearance are Pursed Lips Breathing technique and effective coughing. The implementation was carried out over 3 days. The results showed an oxygen saturation level of 93% before the intervention and 98% after the intervention. Pursed Lips Breathing helps reduce airflow resistance and improve alveolar ventilation. By slowing the breathing rate, Pursed Lips Breathing reduces the resistive pressure that occurs in the airways, thereby decreasing the narrowing that often happens in asthma patients. The effective coughing process begins with a deep inhalation followed by glottis closure, where intrathoracic pressure increases. When the glottis opens, air is expelled rapidly, creating a strong airflow that can expel secretions and foreign particles from the respiratory tract. Oxygen saturation increased from a value of 93% to 98%, and the respiratory rate improved from 24 breaths/minute to 20 breaths/minute.

Keywords: Bronchial asthma, effective cough, pursed lips breathing technique