

# UTILIZATION OF BUTEYKO BREATHING TECHNIQUE FOR ASTHMA MANAGEMENT IN EMERGENCY CARE

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## ABSTRACT

**Introduction:** Asthma is a chronic disease that causes narrowing of the airways and impaired oxygenation. Drug therapy is often ineffective due to non-compliance and side effects. In Indonesia, the high number of asthma cases requires additional approaches, one of which is the Buteyko breathing technique. This technique helps regulate breathing and reduces hyperventilation. **Purposes:** This study aims to evaluate the application of the Buteyko technique in asthma patients with shortness of breath in the Emergency Department. **Method:** The study used a case study method on a patient with a history of bronchial asthma. The intervention given was a combination of inhalation bronchodilators and Buteyko breathing techniques in the 90° Fowler position. **Result:** Evaluation results showed improved respiratory rate, increased oxygen saturation to 99%, and reduced complaints of dyspnea and productive cough. **Conclusion:** These findings suggest that the Buteyko breathing technique works by correcting excessive breathing patterns (hyperventilation), thereby stabilizing carbon dioxide (CO<sub>2</sub>) levels in the blood. Through consistent training in acute asthma care, it can be an effective and holistic strategy in improving the respiratory status of patients, slower and more controlled breathing makes oxygen exchange in the lungs more efficient, so that oxygen saturation (SpO<sub>2</sub>) in the blood also improves. Overall, this exercise helps the lungs work more optimally and improves the quality of breathing in asthma patients.

**Keywords :** Asthma, Buteyko, Breathing Technique