

ABSTRACT

THE EFFECT OF PULMONARY REHABILITATION THROUGH WALKING TEST AND UPPER-LOWER BODY EXERCISES IN ORDER TO INCREASE CARDIOPULMONARY FUNCTION WITHIN STABLE COPD AT ASTHMA AND COPD OUTPATIENT CLINIC RSU DR. SOETOMO SURABAYA

PRE EXPERIMENTAL RESEARCH

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Generally cardiopulmonary function of stable COPD patient is decreasing. It is caused by the irreversible damage of airway. The cardiopulmonary function can be minimized through walking test and upper-lower body exercises. The research was conducted to find the effect of pulmonary rehabilitation through walking test and upper-lower body exercises to increase cardiopulmonary function of stable COPD patient.

This was pre experimental research with one group of pre test post test design. The patient of stable COPD at Asthma and COPD outpatient clinic RSU Dr. Soetomo was being observed as object of the study. Ten patients who were inclusionally qualified were taken through purposive sampling.

The independent variable of this research was pulmonary rehabilitation through walking test & upper-lower body exercises and the dependent variable was cardiopulmonary function. Cardiac function was used to measure heart rate and pulmonary function measured peak expiratory flow rate (PEFR), in which both were carried out before and after the intervention.

Paired t-test result showed that there were differences between pre test and post test in heart rate ($p= 0.001$) and PEFR ($p=0.000$). These results revealed the fact that actually pulmonary rehabilitation through walking test and upper-lower body exercises was increasing the cardiopulmonary function of stable COPD, decreasing the dip heart rate and increasing the PEFR. The stable COPD patients are suggested to increase their frequency of exercise to get better function of their cardiopulmonary system in the future.

Key words : rehabilitation of COPD, exercises in COPD, walking test, upper-lower body exercise.