

DAFTAR PUSTAKA

- Ades PA., 2015. Temporal Trends and Factors Associated With Cardiac Rehabilitation Referral Among Patients Hospitalized With Heart Failure. *66* (8): 927-929.
- Agnihotri DS, Bhise AR and Patel SM. 2016. Effect of inspiratory muscle trainer on running performance and respiratory muscle strength in athletes. *IAIM ed.3, no.8*, pp:159-163
- Abhishek D. Gard, 2012. Damage-Associated Molecular Patterns : Revealing The Molecular Communication Between Dying Cancer Cells And The Immune System. *Acta Biomedica Lovaniensia 583*. Leuven University Press. Belgium
- Adamopoulos S, Parissis J. T, and Kremastinos D. T. 2001. A glossary of circulating cytokines in chronic heart failure. *Eur J Heart Fail.*; 3 (5): 517-26.
- Ambarish V, Chandrasekara S, and K. P. Suresh, 2012, Moderate Regular Exercises Reduce Inflammatory Response For Physical Stress, *Indian J Physiol Pharmacol*; 56(1) : 7–14
- Bissett B, Leditsche IA, Neeman T, Boots R, and Paratz J, 2016. Inspiratory muscle training to enhance recovery from mechanical ventilation: a randomized trial. *Thorax*, pp:1-8
- Bosnak-guclu M, Arikan H, Savci S, Inal-Ince D and Aytemir K. 2011. Effects of inspiratory muscle training in patients with heart failure. *Respiratory Medicine*. (16).
- Chatterjee NA, Upadhyay GA and Lewis GD 2011. What is the prognostic significance of pulmonary hypertension in heart failure? *Circ Heart Fail* ;4:541–5.
- Chen D, Assad-Kottner C, Orrego C and Torre-Amione G. 2008. Cytokines and acute heart failure. *Crit Care Med* ;36:1
- Cooper CB, Storer TW. 2004. Exercise Testing and Interpretation A Practical Approach. Cambridge: Cambridge University Press

- Collins A, Rachel A. and Miranda D. Grounds. 2001. The Role of Tumor Necrosis Factor-alpha (TNF- α) in Skeletal Muscle Regeneration: Studies in TNF- α (-/-) and TNF- α (-/-) and LT- α (-/-) Mice, *The Journal of Histochemistry & Cytochemistry*, <http://www.jhc.org>
- Conraads VM, Beckers P, Bosmans J, De Clerck LS, Stevens WJ, Vrints CJ. 2002. Combined endurance/resistance training reduces plasma TNF-alpha receptor levels in patients with chronic heart failure and coronary artery disease. *Eur Heart J* 2002; 23:1854–1860.
- Dibbs Z, Kurrelmeyer K and Kalra D. 1999. Cytokines in heart failure: pathogenetic mechanisms and potential treatment. *Proc. Assoc. Am. Physicians*;111, 423-428.
- Dembic Zlatko, 2015, *The Cytokines of the Immune System The Role Of Cytokines In Disease Related To Immune Repone*, Elsevier Inc. All rights reserved.
- Dobsak P., Siegelova J., Fiser B and Vitovec J., 2012. Effects of Neuromuscular Electrical Stimulation and Aerobic Exercise Training on Arterial Stiffness and Autonomic Functions in Patients with Chronic Heart Failure. *Artificial Organs*. 36(10): 920-930.
- Downey J, Myers S, Gonzales E, and Lieberman J, 1994. *The Physiological Basis of Rehabilitation Medicine*, 2nd ed. Elsevier, pp:130-146
- Edwards, 2013. Respiratory muscle training extend exercise tolerance without concomitant change to peak oxygen uptake: physiological, performance and perceptual responses derived from the same incremental exercise test. *Respirology*, vol.18, pp:1022-1027
- Enright SJ, Unnithan VB, Heward C, Withnall L, and Davies DH, 2006. Effect of high intensity inspiratory muscle training on lung volumes, diaphragm thickness, and exercise capacity in subjects who are healthy. *Physical Therapy*, vol.86, no.3, pp:345-355
- Ertek S and Cicero A, 2012. Impact of physical activity on inflammation: effects on cardiovascular disease risk and other inflamatory conditions. *Arch Med Sci*, vol.5, pp: 794-804

- Ewa A. Jankowska EA, Ponikowski P, Piepoli MF, Banasiak W, Anker SD and Poole-Wilson PA. 2006. Autonomic imbalance and immune activation in chronic heart failure: Pathophysiological links. *Cardiovasc Res*, pp: 434 – 445.
- Faggiano P., 2001. Relative Contribution of Resting Haemodynamic Profile and Lung Function to Exercise Tolerance in Male Patients with Chronic Heart Failure. *Heart* .85 (1) : 179-184.
- Gielen S, Adams V, Mobius-Winkler S, Linke A, Erbs S, Yu J.,2003. Antiinflammatory effects of exercise training in the skeletal muscle of patients with chronic heart failure. *J Am Coll Cardiol*; 42:861–868.
- Gullestad L, Aas H.J.G and List AF. 2001. Immunomodulating therapy with intravenous immunoglobulin in patients with chronic heart failure. *Circulation*;103, 220-225.
- Gleeson Michael. 2007, School of Sport and Exercise Sciences, University, Loughborough, United Kingdom, *J Appl Physiol* 103: 693–699, 2007.
- Gopal M, Karnath B. 2009. *Clinical diagnosis of heart failure*. Hospital physician ;9-15
- Guyton, Arthur C. 2012. alih Bahasa: Petrus Andrianto, Fisiologi Manusia dan Mekanisme Penyakit, Edisi-3 edisi revisi, EGC, Jakarta
- HajGhanbari, Yamabayashi, Buna, Coelho, Freedman, Morton, Palmer, Toy, Walsh, Sheel, and Reid, 2013. *Journal of Strength and Conditioning Research*, vol.27, no.6, pp: 1643-1663
- Hambrecht R., Gielen S., Linke A, and Fiehn E., 2000. Effects of Exercise Training on Left Ventricular Function and Peripheral Resistance in Patients With Chronic Heart Failure. *JAMA*. 23(2): 3095-3101.
- Hudlicka O., 2008. Cardiovascular system: Change with Exercise Training and Muscle Stimulation. In: *Application of Muscle/ Nerve Stimulation in Health and Disease*. Netherland. p.23-51.
- Jasperse JL and Laughlin MH, 2006. Endothelial function and exercise training: evidence from studies using animal models. *Med Sci Sport Exerc*, vol.38, pp:1-9

- Jette M, Sidney K, and Blumchen G, 1990. Metabolic equivalents (METS) in exercise testing, exercise prescription, and evaluation of functional capacity. *Clin Cardiol* vol.13, pp:555-565
- Johnson, M and Stephen G. 2010. The Management of Dyspnoea in Chronic Heart Failure. *Current Opinion in Supportive and Palliative Care*. 4: 63-68
- Jonathan R Moldover, Matthew N. and Barthels MD. 2002. Cardiac Rehabilitation, In Braddom RI Editor. *Physical Medicine and Rehabilitation*, 2nd Ed, WB Saunders Co. Philadelphia; 665-84.
- Júnior BR, Gómez TB and Neto MG, 2016. Use of Powerbreathe® in inspiratory muscle training for athletes: systematic review. *Fisioter Mov*, vol.29, no.4, pp:821-30
- Kasikcioglu E, Oflaz H, Kasikcioglu HA, Kayserilioglu A, Umman S, and Meric M. 2005. Endothelial flow-mediated dilatation and exercise capacity in highly trained endurance athletes. *Tohoku J. Exp. Med.*, vol.205, pp:45-51
- Ko JK and McKelvie RS., 2005. The Role of Exercise Training for Patients with Heart Failure. *Circulation*. 112 (3): 35-47.
- Kubota T, McNamara D. M and Wang J. J. 1998. VEST investigators for TNF Genotype Analysis. Effects of tumor necrosis factor gene polymorphisms on patients with congestive heart failure. *Circulation*, 2499-2501.
- Kwok T and Jones A, 2009. Target-flow inspiratory muscle training improves running performance in recreational runners: a randomized controlled trial. *Hong Kong Physiother J*, ed.27, pp:48-54
- Laoutaris ID, Dritsas A, Brown MD, 2007. Immune response to inspiratory muscle training in patients with chronic heart failure. *Eur J Cardiovasc Prev Rehabilitation*; 14:679 – 85.
- Lee, H., Le, H., Lee, B., Lopez, V and Wong, N. 2010. Forced Vital Capacity Paired with Framingham Risk Score For Prediction Of All-Cause Mortality. *European Respiratory Journal*, 36(5):1002-1006.

- Levine B, Kalman J, Mayer L, Fillit H. M and Packewr M. 1990. Elevated circulating levels of tumor necrosis factor in severe chronic heart failure. *N. Engl. J. Med.* ;323, 236-241.
- Lin SJ, McElfresh J, Hall B, Bloom R and Farrell K. 2012. Inspiratory muscle training with heart failure: a systematic review. *Cardiopulm Phys Ther*; 23:29-36.
- Lykidis, Christos. 2009. Cardiovascular and respiratory reflex control systems in the regulation of pulmonary blood flow and ventilation during exercise. University of Birmingham, pp: 18-51
- Mann DL. 2007. Pathophysiology of heart failure In: Braunwald Heart Disease A Textbook of Cardiovascular Medicine. 8thed. USA: Elsevier Saunders Philadelphia, pp: 152-163
- McMurray J. J. V, Adamopoulos S, Anker S. D, Auricchio A, Böhm M, Dickstein K, Falk V, Filippatos G, Fonseca C, Gomez-Sanchez M. A, Jaarsma T, Køber L, Lip G. Y. H, Maggioni A. P, Parkhomenko A, Pieske B. M, Popescu B. A, Rønnevik P. K, Rutten F. H, Schwitter J, Seferovic P, Stepinska J, Trindade P. T, Voors A. A, Zannad F and Zeiher A. 2012. ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure 2012. *Eur. Heart J*, pp:22-33
- McConnell A. 2013. Respiratory muscle training: theory and practice. Elsevier, pp: 97-143
- Minsoo L, Myungchul K, and Chungjoa A, 2014. Impact of concurrent inspiratory muscle training and tape on inspiratory muscle strength, endurance and pulmonary function. *Journal of the Korean Society of Integrative Medicine*, vol.2, no.3, pp:65-73
- Mitchell J, Ali F, Bailey L, Moreno L, and Harrington L, 2007. Role of nitrit oxide and prostacycline as vasoactive hormones released by endothelium. *Exp Physiol*, ed.93, no.1, pp: 141-147
- Nusdwiningtyas N, Balqis I, Cleopas M.R., Telly K. 2019. Inspiratory Muscle Trainer Effectiveness in Chronic Obstructive Pulmonary Disease Rehabilitation Program. 51:7-12

- Neumann DA. 2010. *Kinesiology of the musculoskeletal system : foundation for rehabilitation* 2nd ed. Elsevier, pp: 439-450
- Panggabean MM. 2007. *Gagal jantung Buku Ajar Ilmu Penyakit Dalam Jilid III. Edisi IV.* Jakarta: Pusat Penerbitan Departemen Ilmu Penyakit Dalam FKUI, h. 1513-4
- Papathanasiou G., Tsamis N., Georgiadou P. and Adamopoulos S., 2008. Beneficial Effects of Physical Training and Methodology of Exercise Prescription in Patients with Heart Failure. *49 (2); 267-277.*
- Pescatello LS, 2014. *ACSM's Guidelines for Exercise Testing and Prescription.* Philadelphia: Lippincott William & Wilkins. 73-87.
- Pessoa IS, Parreira VF, Fregonezi G, Sheel AW, Chung F, and Reid DW, 2014. Reference values for maximal inspiratory pressure: a systematic review. *Can Respir J*, vol. 21, ed.1, pp: 43-50
- Piña IL, Apstein CS, Balady GJ, Belardinelli R, Chaitman BR, and Duscha BD. 2003. Exercise and heart failure: A statement from the American Heart Association Committee on Exercise, Rehabilitation, and Prevention. *Circulation*.107(8):1210-25.
- Ribeiro JP, 2009. Respiratory Muscle Function and Exercise Intolerance in Heart Failure. *Current Heart Failure Reports* 6: 95-101.
- Reeves JT and Taylor AE. Pulmonary hemodynamics and fluid exchange in the lungs during exercise. In *Handbook of Physiology. Section 12, Exercise: Regulation and integration of multiple system*, Rowell L.B and Steppard JT (1996). Oxford University Press, New York, pp: 585-613
- Romer LM and McConnell AK, 2003. Specificity and reversibility of inspiratory muscle training. *Medicine and Science in Sports Exercise*, vol.35, no.2, pp:237-244
- Romer LM dan McConnell AK, 2004. Respiratory muscle training in healthy humans: resolving the controversy. *Int J Sports Med*, vol.25, pp:284-293
- Romer LM and Polkey MI, 2007. Exercise-induced respiratory muscle fatigue: implications for performance. *J Appl Physiol*, vol. 104, pp:879-888

- Shah RV and Fifer MA. 2007. Pathophysiology of Heart Disease. USA: Lippincott Williams & Wilkins. P 225-51.
- Sharma R, Coats A. J. S and Anker S. D. 2000. The role of inflammatory mediators in chronic heart failure: cytokines, nitric oxide, and endothelin-1. *Int J Cardiol* ;72 (2): 175-86.
- Souza H, Rocha T, Pessoa M, Rattes C, Brandao D, Fregonezi G, Campos S and Dornelas A, 2014. Effect of inspiratory muscle training in elderly women on respiratory muscle strength, diaphragm thickness and mobility. *Journals of Gerontology A Biol Sci*, vol.69, no.12, pp:1545-1553
- Troosters, Gosselink R and Decramer M. 2005. Respiratory muscle assessment. *Eur Respir Mon*, ed.31, pp: 57-71
- Tortora dan Derrickson, 2009. Principles of anatomy and physiology 12th ed. John Wiley & Sons, Inc, pp:874-918
- Valgimigli M, Ceconi C, Malagutti P, Merli E, Soukhomovskaia O, and Francolini G. 2005. Tumor necrosis factor- α receptor 1 is a major predictor of mortality and new-onset heart failure in patients with acute myocardial infarction: the cytokine-activation and long-term prognosis in myocardial infarction (C-ALPHA) study. *Circulation.*; 111 (7): 863-70.
- Wendy, C 2010. Dyspnoea and Oedema in Chronic Heart Failure. *Pract Nurse*. 39(9)
- WHO. 2016. Prevention of Cardiovascular Disease. WHO epidemiologi subregion AFRD and AFRE. Geneva.
- Wilmore J. H. and D. L. Costill. 1994. Physiology of Sport and Exercise Human Kinetics. USA. p. 176-184, 216-223, 226-234, 446-448.
- Wüthrich T, Notter D and Spengler C, 2013. Effect of inspiratory muscle fatigue on exercise performance taking into account the fatigue-induced excess respiratory drive. *Exp Physiol*, ed. 98, no.12, pp:1705-1717.
- Yancy C. W, Jessup M, Bozkurt B, Butler J, Casey D. E, Drazner M. H, Fonarow G. C, Geraci S. A, Horwich T, Januzzi J. L, Johnson M. R, Kasper E. K, Levy W. C,

Masoudi F. A, McBride P. E, McMurray J. J. V, Mitchell J. E, Peterson P. N, Riegel B, Sam F, Stevenson L. W, Tang, W. H. W, Tsai E. J and Wilkoff B. L. 2013 ACCF/AHA Guideline for the Management of Heart Failure A Report of the American College of Cardiology Foundation / American Heart Association Task Force on Practice Guidelines. *Circulation*,e240–e327.

Zhang Z. H, Wei S. G, Francis J and Felder R. B.2003. Cardiovascular and renal sympathetic activation by blood-borne TNF-alpha in rat: the role of central prostaglandins. *Am J Physiol Regul Integr Comp Physiol*; 284 (4): R916-27.