

TRAINING ACTIVITIES FOR THE ASTHMA THERAPY ON THE BEACH DEPOK BANTUL

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ABSTRACT

The expected goals of the PPM is to provide facilities or services to the public to enrich themselves with knowledge and skills on Asthma in the form of counseling / consulting and training physical activities are adapted to the needs and characteristics of asthmatics.

The methods used to conduct the PPM are: (1) the lecture method, by providing advisory services or education about asthma, the need for physical activity, positive things physical activity in the morning on the beach (2) lists about your medical history, which associated with the disease, whether it is with drug dependence, whether sensitive or allergic to a substance or food or a particular object, or a certain temperature. Is there a family history of disease, since when suffering from asthma, frequency of asthma attacks, whether the trigger asthma attacks. Then followed the measurement of blood pressure, weight, height, and measure Peak expiratory flow rate (3) methods of exercise are ready (drill), the participants were given exercises aerobic activity, also coached gymnastics breathing and relaxation exercises for breathing otot2. Before the training activities conducted therapy, participants were asked what he felt his condition include shortness of breath does not occur, often cough, phlegm or not, there is pain in the chest and once completed re asked whether her condition is getting to be good.

Results PPM shows under beachgoers Depok with asthma and their other complaints against health are very enthusiastic in following the activities PPM, it is seen from the participants were originally targeted only 50 people on the first day turned out to be 78 people who asked for consultation and the measured blood pressure and Peak expiratory Flow Rate. But subsequent exercises which are present only 43 participants this is because many participants from outside the area that can not be routinely come in Depok beach. The results of measurements of blood pressure 53% of the attendees at that time, but the result of high and low blood pressure. Peak expiratory flow rate for many asthma sufferers under the number 100, and rata2 for everything is 301 which means that on less status. After the program was given an increase in the average Peak expiratory flow rate is that the number 349, however, the figure was still at less status. In addition there are 32 of the 17 patients with asthma have low blood pressure.

Kata Kunci: *training, people with asthma, physical activity*