

COPD GYMNASTIC

COMBINATION OF AI CHI PROGRAM HYDROTHERAPY AND MUSIC THERAPY IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

BACKGROUND

Chronic Obstructive Pulmonary Disease (COPD) is the third leading cause of death worldwide, causing 3.23 million deaths in 2019. The COPD prevalence in Indonesia was 3.7% affecting around 9.2 million population.

According to the National Population Health Study (NPHS), 51% of patients with COPD complain that shortness of breath causes limitations in activities at home, work and social environments. COPD causes patients' poor quality of life and functional capacity and even causes death.

OBJECTIVE

This study aimed to review the effectiveness of Ai Chi and music therapy in improving the quality of life of COPD sufferers and their potential for practical application.

METHODOLOGY

The method used is a literature review of articles obtained from electronic media Google Scholar, Science Direct, NCBI, and PubMed with the keywords COPD, Ai Chi, and music therapy.

RESULT



COPD Gymnastics

COPD Gymnastics combines the Ai Chi movement, hydrotherapy program and music therapy. This gymnastics is carried out in the water with a depth of shoulder height. It is carried out a combination of diaphragmatic breathing and slow movements to the accompaniment of instrumental music. The music used in COPD Gymnastics has a tempo of about 60 beats/minute, which is relaxed and without lyrics.

COPD Gymnastics begins with relaxation by listening to music therapy for about 5 minutes. Then, the Ai Chi movement was carried out accompanied by therapeutic music. COPD Gymnastics can be done twice or thrice a week with a duration of 30 to 40 minutes (or 15 minutes after work).

SWOT Analysis

Strength	Opportunity
<ul style="list-style-type: none"> Safe for the elderly and people who suffer from neuromusculoskeletal because using water media has a lower risk of falling. Part of the recommended pulmonary rehabilitation program for people with COPD 	<ul style="list-style-type: none"> Ai Chi and music therapy have an effect that can improve the quality of life of COPD sufferers. However, in Indonesia, they have not used this therapy as a treatment for COPD sufferers, so it has the potential to be applied in Indonesia. Support government programs in COPD management
Weakness	Threat
<ul style="list-style-type: none"> Requires a medium in the form of water, so not everyone can do it at home COPD Gymnastics is not yet known to the general public 	<ul style="list-style-type: none"> COPD sufferers who do not want to do therapy

Implementation Strategy

In the implementation of COPD Gymnastic, we use the POACE rules, namely:

- Planning, planning activities for the concept of COPD Gymnastic implementation, collaborating with policymakers (stakeholders)
- Organizing, activities to form a committee structure for the socialization and conducting training for the management committee
- Actuating, contains socialization activities regarding the importance of COPD management; education and training on COPD Gymnastic; education and training activities; publish the results
- Controlling, monitoring and controlling activities for the COPD Gymnastic
- Evaluating, monitoring and controlling activities for the COPD Gymnastic program

The short-term implementation strategy is to apply it to the BBKPM (Center for Community Lung Health) as a pilot project in Indonesia

COPD Gymnastic Movement



CONCLUSION

One of the effective COPD management strategies is pulmonary rehabilitation. COPD Gymnastics which is a combination of the Ai Chi movement, hydrotherapy program and music therapy, which can be one of the pulmonary rehabilitation programs.

REFERENCE

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