**EFFECTIVENESS OF TRIPOD POSITION AND PURSED LIP BREATHING ON RESPIRATION RATE IN COPD PATIENTS IN RSUD BANGIL**

Lutfi Wahyuni 1,Catur Prasastia Lukita Dewi2

*Universitas Bina Sehat PPNI Mojokerto*

*Nursing Departement email:*[*ltf.hidayat.@gmail.com*](mailto:ltf.hidayat.@gmail.com)

081330044843 Orcid : org/0000-0002-9507-6539

ABSTRACT

Many people with COPD develop emphysema and chronic bronchitis. Both conditions cause obstruction of airflow in the respiratory system and cause an increase in the frequency of external respiration. One of the non-pharmacological management is tripod position and pursed lip breathing. This study aims to determine the effect of giving a tripod position and pursed lip breathing on respiration rate in COPD patients. The design of this study used a one group pretest-post test design. The population in this study were all COPD patients at Bangil Hospital, Pasuruan in June 2021. The sampling technique of this study was consecutive sampling, the sample was obtained by 25 respondents. The research instrument is observation and SOP. The results showed that the average respiration rate before giving the combination of tripod position and pursed lip breathing was 28.8x/minute, and the average value of respiration rate after giving the tripod position and pursed lip breathing was 23.2x/minute. Wilcoxon test results value = 0.000 on respiration rate before and after the combination of tripod position and pursed lip breathing, which means that tripod position and pursed lip breathing are proven to be effective on respiration rate in COPD patients. Tripod position and pursed lip breathing will loosen the chest cavity, provide positive pressure on the lungs so that air can go in and out more smoothly and reduce shortness of breath.

Keywords: COPD, Respiration Rate, Pursed lip Breathing, Tripod position

**INTRODUCTION**

Chronic Obstructive Pulmonary Disease (COPD), can have a wide impact if not treated immediately. COPD patients will experience dyspnea (shortness of breath) due to airway obstruction due to inflammation which causes alveolar hypoventilation and weakened bronchial walls and alveolar damage (Fernandez, 2018). The action taken is the provision of non-pharmacological therapy, namely breathing exercises and positioning. Breathing exercises, namely, deep breathing exercises, diaphragmatic breathing exercises, for positioning exercises include the semi-fowler position (Nurmalasari, 2017). Giving the body position with a tripod position will affect the strength of the inspiratory muscles and can reduce dyspnea because this position helps improve lung function (Suyanti, 2016). In addition to body position, breathing exercises also affect the respiration rate of COPD patients. One of the independent therapies that can be given is Pursed Lip Breathing. Pursed Lip Breathing (PLB) is recommended to help a person control their breathing. This breathing is indicated because it can create a resistance to the air coming out of the lungs, which then increases the pressure on the bronchi (main airways of air) and further minimizes the collapse of the narrower airways, which is a major problem in people with COPD(Pamungkas et al., 2016). Chronic Obstructive Pulmonary Disease (COPD) is a major global public health problem because of its high prevalence, morbidity and mortality (Handa et al., 2018). COPD is mostly caused by smoking and long-term exposure to chemical irritants. It is characterized by progressive, partially reversible airflow obstruction and pulmonary hyperinflation with significant extrapulmonary (systemic) manifestations. The most common forms of COPD are emphysema and chronic bronchitis. Many people with COPD experience both conditions. Emphysema slowly destroys the air sacs in the lungs, which interferes with the flow of air out while, bronchitis causes inflammation and narrowing of the bronchial tubes, which allows mucus to build up. Both of these conditions cause obstruction of air flow in the respiratory system and cause breathing problems (Prasad, 2020). COPD patients will experience shortness of breath so that they experience an increase in the frequency of external respiration (Pamungkas et al., 2016). The results of the study (Cabral et al., 2015) at Clementino Fraga Filho University Hospital Rio de Janeiro showed that COPD patients at rest had an average RR of 19x/minute, whereas after using pursed lip breathing it became 15x/minute, during activity the RR was 33x /minute, whereas after using pursed lip breathing it becomes 32x/minute. This is also supported by research (Roberts et al., 2017) in London which showed that after the first pursed lip breathing, the RR of COPD patients decreased by an average of 7x/minute (between 1-13x/minute) while after being taught for a long period of time. For a long time (6-24 months), the RR of COPD patients decreased by an average of 8x/minute (between 3-16x/minute). This shows that by using pursed lip breathing, the RR of COPD patients has decreased. The results of the study (Susilowati et al., 2019) the respiratory rate before the treatment was carried out on the patient's average breathing on the tripod position was 33.18x/minute, while the average breathing after the treatment was carried out the average breathing of the patient on the tripod position was 29.47x /minute. Research conducted by Sri Suyanti in 2016 showed that there was an effect of tripod position on respiratory frequency in COPD patients (Suyanti, 2016). Based on a preliminary study, there were approximately 4 patients with a doctor's diagnosis of COPD who came to the ER at Bangil Hospital on November 22 – November 30, 2020. The results of interviews with COPD patients found that 4 people (100%) experienced shortness of breath and breathed quickly (RR > 20 times/minute) to reduce the feeling of shortness of breath, the patient only relies on drugs from the doctor, does not make other non-pharmacological efforts to reduce the frequency of his breath. In general, the positioning of patients in the ER at Bangil Hospital in dyspnea conditions is only done in an upright sitting position (high fowler position), and half sitting (semi-fowler position), but never using a tripod position and pursed lip breathing is also not done. After that the patient is monitored RR with a bedsite monitor.

**METHOD**

The research design used in this study was a pre-experimental type of experimental research with a one group pretest-post test design approach, namely experiments carried out in only one group without a comparison group (control). This model already uses a pretest (pretest) so that the magnitude of the effect (posttest) from the experiment can be known with certainty (Notoatmodjo, 2016). The population in this study were all COPD patients at Bangil Hospital Pasuruan in June 2021. The sampling technique in this study was consecutive sampling. In consecutive sampling, sampling is carried out based on research criteria within a certain time so that the number of samples is met (Hidayat, 2012). The sample used in this study were some COPD patients at Bangil Hospital, Pasuruan. Which amounts to 25 people. The independent variable was giving tripod position and pursed lip breathing, while the dependent variable was respiration rate. The instruments in this study were observation sheets for respiration rate and SOP tripod position and pursed lip breathing

**RESULTS**

1. General data

Characteristics of Respondents Based on Cramine, Age and Comorbidities

Table 1 Frequency Distribution by Gender, Age and Comorbidities

|  |  |  |
| --- | --- | --- |
| Characteristics of Respondents | Frequency | **Presentase (%)** |
| **Gender** |  |  |
| Male | 22 | 88.0 |
| Female | 3 | 12.0 |
| Age |  |  |
| 36 – 45 Years | 4 | 16.0 |
| 46 – 55 Years | 11 | 44.0 |
| 56 – 65 Years | 10 | 40.0 |
| Co-morbidities |  |  |
| DM | 13 | 52.0 |
| Hypertension | 1 | 4.0 |
| there isn't any | 11 | 44.0 |
| **Total** | 25 | 100 |

Table 1. shows that all respondents experienced a decrease in respiration rate after giving a combination of tripod position and pursed lip breathing (negative ranks). The results of the normality test show that the p value of the data <0.05 means that the data distribution is not normal, so the statistical test used is the Wilcoxon test. Wilcoxon test results showed value = 0.000 in respiration rate before and after giving a combination of tripod position and pursed lip breathing, this proves that giving a combination of tripod position and pursed lip breathing proved effective on respiration rate in COPD patients at Bangil Hospital

2. Special Data

1. Respiration Rate Before Giving the Combination of Tripod Position and Pursed Lip Breathing

Table 2 Descriptive Statistics of Respiration Rate Before Giving the Combination of Tripod Position and Pursed Lip Breathing

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *N* | *Minimum* | *Maximum* | *Mean* | *Std*  *Deviation* |
| Pretest RR | 25 | 26 | 32 | 28,80 | 1,915 |
| Pretest SpO2 | 25 | 90 | 94 | 92,04 | 1,338 |

Based on Table 2, it shows that the average respiration rate before the combination of tripod position and pursed lip breathing was 28.8x/minute with the highest value of 32x/minute and the lowest of 26x/minute and the standard deviation of 1,915, while the average oxygen saturation was 1,915. 92.04% with the highest value of 94% and the lowest value of 90% and a standard deviation of 1.338

2. . Respiration Rate After Giving the Combination of Tripod Position and Pursed

Lip Breathing



Table 3 Descriptive Statistics of Respiration Rate After Giving the Combination of Tripod Position and Pursed Lip Breathing

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *N* | *Minimum* | *Maximum* | *Mean* | *Std*  *Deviasion* |
| Posttest RR | 25 | 20 | 26 | 23,20 | 1,633 |
| Posttest SpO2 | 25 | 93 | 97 | 95,32 | 1,282 |

Table 3 shows that the average respiration rate after giving a combination of tripod position and pursed lip breathing is 23.2x/minute with the highest value 26x/minute and the lowest 20x/minute and standard deviation of 1,633, while the average oxygen saturation is 95 .32% with the highest value of 97% and the lowest value of 93% and the standard deviation of 1.282.

3. Effect of Tripod Position and Pursed Lip Breathing Combination on Changes in Respiration rate

Table 4 Effect of Tripod Position and Pursed Lip Breathing Combination on Respiration Rate

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | N | | Mean Rank | Sum of Ranks |
| Posttest RR – | *Negative Ranks* |  | 25a | 13.00 | 325.00 | |
| Pretest RR | *Positive Ranks* |  | 0b | .00 | .00 | |
|  | *Ties* |  | 0c |  |  | |
| *Total* | |  | 25 |  |  | |

a. Posttest RR < Pretest RR

b. Posttest RR > Pretest RR

c. Posttest RR = Pretest RR

Table 4. shows that all respondents experienced a decrease in respiration rate after giving a combination of tripod position and pursed lip breathing (negative ranks). The results of the normality test show that the p value of the data <0.05 means that the data distribution is not normal, so the statistical test used is the Wilcoxon test. Wilcoxon test results showed value = 0.000 in respiration rate before and after giving a combination of tripod position and pursed lip breathing, this proves that giving a combination of tripod position and pursed lip breathing proved effective on respiration rate in COPD patients at Bangil Hospital.

**DISCUSSION**

**Respiration Rate Before Giving Tripod Position and Pursed Lip Breathing Combination at Bangil Hospital**

The results in table 2 show that the average respiration rate before the combination of tripod position and pursed lip breathing was 28.8x/minute with the highest value 32x/minute and the lowest 26x/minute and a standard deviation of 1,915. Factors that affect the speed of respiratory frequency are age where the older you get, the intensity of breathing will decrease, gender, where women's breathing tends to be faster than men's breathing, body temperature where the higher the body temperature (fever) the respiratory frequency will be faster and body position, activity (Giovani, 2019). According to(Tarwoto et al., 2015) many factors affect respiratory function, for example those related to the ability to expand the lungs and diaphragm, the ability to transport or perfusion. According to the researchers, the high respiration rate that is classified as tachypnea in COPD patients is caused by obstruction and restriction of the lungs so that it is difficult for air to enter the lungs due to narrowing of the airways, and when air enters the lungs, it will be difficult to expel due to decreased lung expansion. Therefore, COPD patients will try to meet their oxygen needs by increasing the respiratory rate.

**Effect of Tripod Position and Pursed Lip Breathing Combination on Respiration Rate in COPD Patients**

The results in table 3 show that all respondents experienced a decrease in respiration rate after giving a combination of tripod position and pursed lip breathing (negative ranks). The results of the normality test show that the p value of the data <0.05 means that the data distribution is not normal, so the statistical test used is the Wilcoxon test. Wilcoxon test results showed value = 0.000 in respiration rate before and after the combination of tripod position and pursed lip breathing, which means that the combination of tripod position and pursed lipbreathing proved effective on respiration rate in COPD patients at Bangil Hospital. These results are in accordance with research conducted(Roberts et al., 2017) in London which showed that after the first pursed lip breathing, the RR of COPD patients decreased by an average of 7x/minute (between 1-13x/minute) while after being taught in For a long period of time (6-24 months), the RR of COPD patients decreased by an average of 8x/minute (between 3-16x/minute). This shows that by using pursed lip breathing, the RR of COPD patients has decreased. This result is also supported by research studie(Susilowati et al., 2019) the respiratory rate before the treatment is carried out on the patient's average breathing on a tripod position, which is 33.18x/minute, while the average breathing after treatment is the patient's average breathing on a tripod. position is 29.47x/minute. The tripod position increases intra-abdominal pressure and decreases pressure on the diaphragm against the abdominal cavity during inspiration, with the shoulder supported by muscles (such as the pectoralis major and minor muscles) contributing significantly to rib development. Rib development with arms and head supported contributes to inspiration. The activity of the scalene and strenocleidomastoid muscles increased significantly in the forward leaning position with the arm supported on the thigh or arm supported by the head compared to the neutral position. Several mechanisms that can be explained from these results are restriction of diaphragm movement, increasing intra-abdominal pressure by bringing the bones closer together The ribs to the pelvis and this increased abdominal pressure make it difficult for the diaphragm to push the abdomen backward during inspiration, with the return of muscle activity to strength maintained by the hands supported by the face/head and arms supported by the thighs and stabilization of the hands and arms of the sternum, clavicle and ribs. The ribs can be pulled up by the scalene and sternocleidomastoid muscles (Kim et al., 2012). Pursed Lip Breathing can create a resistance to air coming out of the lungs, which then increases the pressure on the bronchi (main air passages) and further minimizes the collapse of the narrower airways (Pamungkas et al., 2016). Through this technique, the air that comes out will be blocked by both lips, which causes more positive pressure in the oral cavity. This positive pressure will spread into the narrowed airway and is useful for maintaining the airway to remain open. With the opening of the airway, air can exit easily through the narrowed airway and easily affects the strength of the respiratory muscles to reduce shortness of breath so that the frequency of breathing decreases (Isnainy & Tias, 2020). All respondents experienced a decrease in respiration rate between 4-6x/minute. There is no respondent who does not experience a decrease in respiration rate so that the combination of tripod position and pursed lip breathing is effective in reducing COPD patients. This is because the two measures, namely tripod position and pursed lip breathing, are non-pharmacological methods to increase lung expansion, so that when combined, the effect will be stronger. This difference in the decrease in respiration rate can be caused by differences in the accuracy of respondents when doing pursed lip breathing, respondents who can do it correctly will get better results in lowering the respiration rate.

**CONCLUSION**

Respiration rate in COPD patients at Bangil Hospital the average respiration rate before giving tripod position and pursed lip breathing was 28.8x/minute and after giving a combination of tripod position and pursed lip breathing was 23.2x/minute. Wilcoxon test results showed value = 0.000 in respiration rate before and after administration of a combination of tripod position and pursed lip breathing which proved effective for COPD patients. Tripod position and pursed lip breathing will loosen the chest cavity, provide positive pressure on the lungs so that air can go in and out more smoothly and reduce shortness of breath.

**SUGGESTIONS**

1. For Respondents

Doing a combination of tripod position and pursed lip breathing routinely 3 times a day in order to stabilize the respiration rate of COPD patients.

2. For Research Sites

Making the combination of tripod position and pursed lip breathing as one of the adjuvant therapies to reduce respiration rate for patients with respiratory system disorders.

3. For Further Researchers

Carrying out research development related to COPD disease and can be beneficial for the development of nursing knowledge such as the influence of other non-pharmacological methods to reduce respiration rate in COPD patients.

**ACKNOWLEDGEMENT**

The researcher would like to thank profusely to:

Director of Bangil Hospital who has given permission to researchers to conduct preliminary studies and research. Dr. Ivan Rovian as Chancellor of the Regency PPNI Healthy Bina University who provided opportunities for researchers. Nurse friends in the Emergency Room at Bangil Hospital who assisted in this research

**FUNDING**

Funding for this research was obtained from the Institute for Research and Community Service (LPPM) STIKes Bina Sehat PPNI Mojokerto. As a 2022 Funding Internal Grant

**CONFLICTS OF INTEREST**

The author declares that there are no conflicts of interest with the topic or any associated objects

upon the publication of this study

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