

Effect of consumption habits caffeinated with quality sleep of undergraduate nursing students in Makassar City

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Abstract

Background: COPD is one of the chronic diseases that can cause fatigue, depression and respiratory system disorders. Efforts to overcome anxiety and depression in similar chronic diseases to reduce fatigue one of them is by using Progressive Muscle Relaxation (PMR) method. Another effort to increase oxygen supply to the alveoli is through breathing exercises that one of them with Pursed Lips Breathing (PLB).

Objective: To analyze progressive muscle relaxation relationship with pursed lips breathing against Depression Score, Fatigue Score and respiratory function in COPD patient. Research Design: Quantitative research, with experimental design through the pretest-posttest randomized control group design approach. In the experimental study, random assignments were allocated to groups in which the researchers conducted a comparison between the intervention group and the control group. Sampling technique is by way of Consecutive sampling. Data collection using FACIT-T, BDI II, and will be analyzed using GLM-RM.

Results: There is influence of progressive muscle relaxation with pursed lips breathing to decrease fatigue score and depression score with P value 0,000 while for respiratory function there is no influence with p value 0,191.

Suggestion: PMR with PLB can be used as one of the intervention in care in preventing fatigue and depression taught in COPD patient in pulmonary poly room as preventive action and become one of intervention in discharge planning in patient going home in inpatient room.

Biography

Agussalim Rusli has completed his DNS at the age of 32 years from Saint Paul University Philippines. He is a professor assistant of Makassar Health Polytechnic, Indonesia. He has many publications that have been cited. He has written many nursing books inside the country. He has been a reviewer in many international journals which national and international journals. He has a speaker in many conferences inside and outside of the country



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