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## THE EFFECTIVENESS OF DEEP BREATHING EXERCISE THERAPY ON OXYGEN SATURATION AMONG PATIENTS WITH ISCHEMIC STROKE IN NEUROLOGY ROOM

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### Abstract

Ischemic stroke is an abnormality of central nervous system function in which blood flow decreases significantly, causing hypoxia. This systemic hypoxemia should be avoided; therefore oxygen saturation is monitored in the acute phase. One of the interventions that can be done in order to increase oxygen supply is by deep breathing exercise. The purpose of this study was to determine the effectiveness of deep breathing exercise therapy to increase oxygen saturation on patients with ischemic stroke at Dr. M. Djamil Padang. This study is a quasi-experimental study with one group pre-post test design that has been implemented in the neural room of Dr. M. Djamil Padang with a sample of 16 patients with ischemic stroke who have fulfilled the inclusion criteria. Data was collected directly by measuring oxygen saturation of patients with ischemic stroke before and after a deep breathing exercise intervention. The data were processed by computerized and analyzed univariate and bivariate. Normality test results show the data is not normally distributed so that the analysis used is non-parametric test by using Wilcoxon test. The results showed that deep breathing exercise therapy was effective in increasing oxygen saturation level of patients with ischemic stroke with  $p = 0,000$  so it can be recommended that this therapy can be used as one of the nursing interventions on patients with ischemic stroke to increase the oxygen saturation level.

**Keywords:** Ischemic stroke, deep breathing exercise, oxygen saturation

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