

## ABSTRAK

### **Analisis Asuhan Keperawatan Dengan Masalah Bersihan Jalan Napas Tidak Efektif Pada Kasus Pneumonia Melalui Penerapan Batuk Efektif Kombinasi Terapi Inhalasi Uap Air Panas Dan Minyak Kayu Putih Di Ruang Heliconia RSUD. IBNU SINA GRESIK**

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Pneumonia adalah peradangan yang mengenai parenkim paru, distal dari bronkiolus terminalis yang mencakup bronkiolus respiratorius, alveoli. Salah satu gangguan kebutuhan oksigenasi adalah ketidakefektifan bersihan jalan nafas. Gejala Pneumonia ditandai dengan demam, sesak napas, napas dan nadi cepat, dahak berwarna kehijauan atau seperti karet serta gambaran hasil rontgen memperlihatkan kepadatan pada bagian paru. Upaya lain yang dapat digunakan untuk mengatasi masalah bersihan jalan napas tidak efektif dengan menggunakan intervensi terapi batuk efektif kombinasi uap panas dan minyak kayu putih. Kandungan minyak kayu putih Eucalyptus oil adalah kandungan 1,8 cineole yang memiliki efek mukolitik (mengencerkan dahak), efek bronchodilating (melegakan pernafasan), membunuh virus dan bakteri penyebab *common cold*. Tujuan penelitian ini untuk menganalisis asuhan keperawatan pada kasus pneumonia dengan masalah keperawatan bersihan jalan napas di ruang Heliconia RSUD. IBNU SINA Gresik. penelitian ini menggunakan pendekatan studi kasus. dengan menggunakan tiga pasien satu pasien kelolaan 2 pasien pembandingan yang mempunyai penyakit pneumonia dengan masalah keperawatan bersihan jalan napas tidak efektif. Hasil penelitian menunjukkan pasien kelolaan utama sebelum pemberian terapi pasien mengeluh sesak batuk, dahak sulit dikeluarkan RR: 26x/menit. dan setelah dilakukan terapi batuk efektif kombinasi inhalasi uap panas dan minyak kayu putih didapatkan hasil sesak berkurang, produksi sekret menurun RR: 20x/menit dan pasien mengatakan sesak berkurang, dahak mudah dikeluarkan, nampak pasien juga melepas O<sub>2</sub> nasal, tidak terdengar suara ronkhi. Terapi batuk efektif kombinasi inhalasi uap panas dan minyak kayu putih direkomendasikan dan cukup praktis dilakukan di rumah untuk mengatasi masalah bersihan jalan nafas, disertai dahak yang sulit dikeluarkan.

**Kata kunci: pneumonia, Inhalasi uap panas, minyak kayu putih**

## **ABSTRACT**

### **Analysis of Nursing Care with Ineffective Airway Clearance Problems in Pneumonia Cases Through the Application of Effective Cough Combination Therapy Hot Water Steam Inhalation and Eucalyptus Oil in the Heliconia Room of the Hospital. IBNU SINA GRESIK**

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Pneumonia is an inflammation that affects the lung parenchyma, distal to the terminal bronchioles which includes the respiratory bronchioles, alveoli. One of the disturbances of the need for oxygenation is the ineffectiveness of airway clearance. Symptoms of pneumonia are characterized by fever, shortness of breath, rapid breathing and pulse, greenish or rubber-like sputum and X-rays showing density in parts of the lungs. Other efforts that can be used to overcome ineffective airway clearance problems are using effective cough therapy interventions, a combination of hot steam and eucalyptus oil. Eucalyptus oil contains 1.8 cineole which has a mucolytic effect (thins phlegm), a bronchodilating effect (relieves breathing), kills viruses and bacteria that cause the common cold. The purpose of this study was to analyze nursing care in cases of pneumonia with airway clearance nursing problems in the Heliconia room of RSUD. IBNU SINA Gresik. This study uses a case study approach. using three patients, one patient managed, 2 comparison patients who had pneumonia with ineffective airway clearance nursing problems. The results of the study showed that patients in primary care before giving therapy, patients complained of shortness of breath, difficult to expel sputum rr: 26x/minute. and after effective cough therapy the combination of hot steam inhalation and eucalyptus oil showed reduced shortness of breath, decreased secretion production RR: 20x/minute and the patient said shortness of breath was reduced, phlegm was easily expelled, it appeared that the patient also released nasal O<sub>2</sub>, no crackles were heard. Effective cough therapy with a combination of hot steam inhalation and eucalyptus oil is recommended and practical enough to do at home to treat problems with airway clearance, accompanied by phlegm that is difficult to expel.

**Keywords: pneumonia, hot steam inhalation, eucalyptus oil**