

ABSTRAK

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Program Studi : Profesi Ners

Judul : **Analisis Asuhan Keperawatan Dengan Bersihan Jalan Nafas Tidak Efektif Pada Pasien Penyakit Paru Obstruktif Kronis (PPOK) Menggunakan Penerapan Fisioterapi Dada Kombinasi Batuk Efektif Di RSUD Ibnu Sina Gersik**

Pembimbing : Rizky Meuthia Pratiwi, S.Kep.,Ns.M.Kep

Penyakit Paru Obstruktif Kronik (PPOK) merupakan penyakit kronis pada sistem pernapasan yang menyebabkan hambatan aliran udara dan peningkatan produksi sekret sehingga menimbulkan masalah bersihan jalan napas tidak efektif. Penumpukan sputum dapat menyebabkan sesak napas dan gangguan oksigenasi. Salah satu intervensi nonfarmakologis yang dapat diberikan adalah fisioterapi dada kombinasi batuk efektif. Penelitian ini bertujuan untuk menganalisis penerapan fisioterapi dada kombinasi batuk efektif pada pasien PPOK dengan masalah bersihan jalan napas tidak efektif di RSUD Ibnu Sina Gersik. Metode penelitian menggunakan studi kasus dengan pendekatan asuhan keperawatan pada satu pasien PPOK selama 3×24 jam. Intervensi yang diberikan meliputi fisioterapi dada kombinasi batuk efektif, pemberian posisi semi-Fowler, terapi oksigen, anjuran minum hangat dan asupan cairan, serta kolaborasi bronkodilator dan mukolitik. Hasil penelitian menunjukkan kondisi pasien membaik secara bertahap. Hari pertama pasien masih sesak dan sputum sulit keluar. Hari kedua sesak mulai berkurang dan sputum mulai keluar. Hari ketiga pasien sudah tidak sesak, sputum lebih mudah dikeluarkan, ronki menurun, RR menjadi 19 x/menit, dan SpO2 meningkat menjadi 99%. Kesimpulan penelitian menunjukkan bahwa fisioterapi dada kombinasi batuk efektif efektif membantu meningkatkan bersihan jalan napas pada pasien PPOK. Perawat diharapkan dapat menerapkan intervensi ini untuk membantu memperbaiki status pernapasan pasien PPOK.

Kata Kunci: PPOK, Bersihan Jalan Napas Tidak Efektif, Fisioterapi Dada, Batuk Efektif.

ABSTRACT

Student Name : Aulia Tri Dewi

Study Program: Nursing Profession

Title : **Analysis of Nursing Care for Ineffective Airway Clearance in Patients with Chronic Obstructive Pulmonary Disease (COPD) Using the Application of Chest Physiotherapy Combined with Effective Coughing at Ibnu Sina Regional General Hospital Gersik**

Advisor : Rizky Meuthia Pratiwi, S.Kep.,Ns.M.Kep

Chronic Obstructive Pulmonary Disease (COPD) is a chronic respiratory disease characterized by airflow obstruction and increased mucus production causing ineffective airway clearance. Sputum accumulation can lead to shortness of breath and impaired oxygenation. One of the non-pharmacological interventions that can be provided is chest physiotherapy combined with effective coughing techniques. This study aimed to analyze the application of chest physiotherapy combined with effective coughing in COPD patients with ineffective airway clearance at Ibnu Sina Hospital Gersik. The research method used was a case study with a nursing care approach on one COPD patient for 3×24 hours. The interventions included chest physiotherapy combined with effective coughing, semi-Fowler positioning, oxygen therapy, warm drink and fluid intake recommendations, as well as collaboration in administering bronchodilators and mucolytics. The results showed gradual improvement in the patient's condition. On the first day, the patient still experienced shortness of breath and difficulty expelling sputum. On the second day, shortness of breath decreased and sputum began to be expelled. On the third day, the patient no longer experienced shortness of breath, sputum was easier to expel, rhonchi decreased, respiratory rate became 19 times/minute, and SpO₂ increased to 99%. The conclusion of this study showed that chest physiotherapy combined with effective coughing was effective in improving airway clearance in COPD patients. Nurses are expected to apply this intervention to help improve the respiratory status of COPD patients.

Keywords: COPD, Ineffective Airway Clearance, Chest Physiotherapy, Effective Coughing.