

ABSTRAK

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Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Pada Pasien Ppok Dengan Pola Napas Tidak Efektif Melalui Penerapan *Pursed Lip Breathing*
Pembimbing : Sri Sudarsih, S.Kp.,M.Kes

Penyakit Paru Obstruktif Kronik (PPOK) merupakan penyakit paru progresif yang ditandai dengan keterbatasan aliran udara dan sering menimbulkan masalah keperawatan berupa pola napas tidak efektif. Kondisi ini ditandai dengan dispnea, takipnea, penggunaan otot bantu napas, fase ekspirasi memanjang, serta penurunan saturasi oksigen yang dapat menurunkan kualitas hidup pasien. Salah satu intervensi keperawatan nonfarmakologis yang dapat diberikan adalah teknik *Pursed Lip Breathing* (PLB) yang bertujuan memperbaiki ventilasi paru dan meningkatkan efektivitas pola napas. Tujuan studi kasus ini adalah menganalisis asuhan keperawatan pada pasien PPOK dengan masalah pola napas tidak efektif melalui penerapan teknik *Pursed Lip Breathing* di Ruang Teratai 2 RSUD RT. Notopuro Sidoarjo. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Intervensi PLB diberikan selama 3 hari berturut-turut dengan frekuensi 2 kali sehari selama $\pm 10-15$ menit setiap sesi. Hasil evaluasi menunjukkan adanya perbaikan pola napas secara bertahap. Pada awal pengkajian pasien mengalami sesak napas, frekuensi napas 28 kali/menit, penggunaan otot bantu napas, wheezing, dan saturasi oksigen 92%. Setelah pemberian PLB selama 3 hari, frekuensi napas menurun menjadi 22 kali/menit, saturasi oksigen meningkat menjadi 97%, wheezing menghilang, penggunaan otot bantu napas berkurang, serta keluhan sesak napas menurun secara signifikan. Pasien juga mampu melakukan teknik PLB secara mandiri dan benar. Kesimpulan studi kasus ini menunjukkan bahwa penerapan teknik *Pursed Lip Breathing* efektif dalam mengatasi masalah pola napas tidak efektif pada pasien PPOK. Teknik ini mampu memperbaiki ventilasi paru, menurunkan frekuensi napas, meningkatkan saturasi oksigen, mengurangi penggunaan otot bantu napas, serta meningkatkan kenyamanan pasien dalam bernapas.

Kata kunci: *PPOK, Pursed Lip Breathing, Pola nafas tidak efektif*

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Judul : Analysis of Nursing Care for Patients with Chronic Obstructive Pulmonary Disease (COPD) and Ineffective Breathing Pattern Using the Pursed-Lip Breathing Technique
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Chronic Obstructive Pulmonary Disease (COPD) is a progressive lung disease characterized by airflow limitation and often causes nursing problems in the form of ineffective breathing patterns. This condition is marked by dyspnea, tachypnea, use of accessory respiratory muscles, prolonged expiratory phase, and decreased oxygen saturation, all of which can reduce the patient's quality of life. One of the non-pharmacological nursing interventions that can be applied is the Pursed Lip Breathing (PLB) technique, which aims to improve pulmonary ventilation and enhance breathing effectiveness. The purpose of this case study was to analyze nursing care for a patient with COPD experiencing an ineffective breathing pattern through the implementation of the Pursed Lip Breathing technique in Teratai 2 Ward at RT. Notopuro Regional Hospital, Sidoarjo. The method used was a case study approach based on the nursing process, including assessment, nursing diagnosis, planning, implementation, and evaluation. The PLB intervention was administered for three consecutive days, twice daily, with each session lasting approximately 10–15 minutes. The evaluation results showed a gradual improvement in the patient's breathing pattern. During the initial assessment, the patient experienced shortness of breath, a respiratory rate of 28 breaths per minute, use of accessory respiratory muscles, wheezing, and an oxygen saturation level of 92%. After three days of PLB intervention, the respiratory rate decreased to 22 breaths per minute, oxygen saturation increased to 97%, wheezing disappeared, the use of accessory respiratory muscles was reduced, and complaints of dyspnea significantly decreased. The patient was also able to perform the PLB technique independently and correctly. In conclusion, the implementation of the Pursed Lip Breathing technique was effective in addressing the nursing problem of an ineffective breathing pattern in a patient with COPD. This technique improved pulmonary ventilation, reduced respiratory rate, increased oxygensaturation, decreased the use of accessoryrespiratory muscles, andenhanced patientcomfort duringbreathing.

Keywords: Chronic Obstructive Pulmonary Disease (COPD), Pursed Lip Breathing, Ineffective Breathing Pattern.