

ABSTRAK

Nama : Nawangsari Asta Dewi

Program Studi : Profesi Ners

Judul : Analisis Asuhan Keperawatan Pada Pasien Asma Bronkial Ny. E Dengan Masalah Bersihan Jalan Napas Tidak Efektif Melalui Intervensi Terapi *Active Cycle Of Breathing* (ACBT) Di Ruang Rawat Inap Gunung Jati 2 Rumah Sakit Islam Sakinah Mojokerto

Pembimbing : Hj. Ima Rahmawati, S.Kep., Ns., M.Si., M.Kep

Asma bronkial merupakan penyakit inflamasi kronis pada saluran napas yang dapat menimbulkan masalah keperawatan bersihan jalan napas tidak efektif akibat bronkospasme, edema mukosa, dan hipersekresi mukus, sehingga diperlukan intervensi nonfarmakologis seperti *Active Cycle of Breathing Technique* (ACBT) untuk membantu mobilisasi dan pengeluaran sekret. Studi kasus ini bertujuan menganalisis asuhan keperawatan pada pasien asma bronkial dengan masalah bersihan jalan napas tidak efektif melalui intervensi terapi ACBT. Desain yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi, dengan subjek satu pasien yaitu Ny. E berusia 34 tahun yang dirawat di Ruang Gunung Jati 2 RSI Sakinah Mojokerto dengan diagnosis medis asma bronkial. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi rekam medis, sedangkan terapi ACBT diberikan selama tiga hari perawatan (17-19 April 2026) yang dikombinasikan dengan manajemen jalan napas sesuai Standar Intervensi Keperawatan Indonesia (SIKI). Hasil pengkajian awal menunjukkan pasien mengalami sesak napas, batuk berdahak yang sulit dikeluarkan, wheezing, frekuensi napas 26 kali/menit, dan saturasi oksigen 97%. Setelah dilakukan implementasi ACBT selama tiga hari, frekuensi napas menurun menjadi 21 kali/menit, saturasi oksigen meningkat menjadi 98%, wheezing menghilang, dan pasien mampu mengeluarkan sputum serta melakukan ACBT secara mandiri, meskipun masalah bersihan jalan napas tidak efektif baru teratasi sebagian pada evaluasi hari ketiga. Perbaikan yang konsisten pada seluruh parameter objektif tersebut menunjukkan bahwa ACBT efektif membantu mobilisasi dan pengeluaran sekret pada pasien asma bronkial, sejalan dengan berbagai penelitian terdahulu, sehingga direkomendasikan sebagai bagian dari asuhan keperawatan pasien dengan masalah bersihan jalan napas tidak efektif akibat asma bronkial.

Kata Kunci: *Asma Bronkial; Bersihan Jalan Napas Tidak Efektif; Active Cycle of Breathing Technique (ACBT); Asuhan Keperawatan*

ABSTRACT

Name : Nawangsari Asta Dewi

Study Program : Nurse Profession

Title : Analysis of Nursing Care in Bronchial Asthma Patients Mrs. E with Ineffective Airway Cleaning Problems through *Active Cycle of Breathing* (ACBT) Therapy Intervention in the Gunung Jati 2 Inpatient Room Sakinah Islamic Hospital Mojokerto

Supervisor : Hj. Ima Rahmawati, S.Kep., Ns., M.Si., M.Kep

Bronchial asthma is a chronic inflammatory disease of the airways that can cause ineffective airway cleaning nursing problems due to bronchospasm, mucosal edema, and mucous hypersecretion, so non-pharmacological interventions such as *Active Cycle of Breathing Technique* (ACBT) are needed to help mobilize and secrete secretion. This case study aims to analyze nursing care in bronchial asthma patients with ineffective airway clearance problems through ACBT therapy interventions. The design used is a descriptive case study with a nursing process approach that includes study, diagnosis, intervention, implementation, and evaluation, with the subject of one patient, Mrs. E, 34 years old who was treated in the Gunung Jati Room 2 of RSI Sakinah Mojokerto with a medical diagnosis of bronchial asthma. Data collection was carried out through interviews, observations, physical examinations, and documentation studies of medical records, while ACBT therapy was given for three days of treatment (17-19 April 2026) combined with airway management according to the Indonesian Nursing Intervention Standards (SIKI). The results of the initial study showed that the patient experienced shortness of breath, coughing up phlegm that was difficult to explain, wheezing, breathing frequency of 26 times/minute, and oxygen saturation of 97%. After three days of ACBT implementation, the respiratory frequency decreased to 21 times/minute, oxygen saturation increased to 98%, wheezing disappeared, and the patient was able to expel sputum and perform ACBT independently, although the problem of ineffective airway clearance was only partially resolved on the third day of evaluation. Consistent improvements in all of these objective parameters showed that ACBT is effective in assisting with mobilization and secretion in bronchial asthma patients, in line with previous studies, and is therefore recommended as part of the nursing care of patients with ineffective airway clearance problems due to bronchial asthma.

Keywords: *Bronchial asthma; airway clearance is ineffective; Active Cycle of Breathing Technique (ACBT); Nursing Care*