

ABSTRAK

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Prodi : Profesi Ners
Judul : Asuhan Keperawatan Gangguan Pola Napas Tidak Efektif Dengan Intervensi *Balloon Blowing Exercise* Pada Pasien COPD
Pembimbing : Emyk Windartik, S.Kep.Ns.,M.Kes

Chronic Obstructive Pulmonary Disease (COPD) merupakan penyakit paru kronis yang ditandai obstruksi aliran udara persisten sehingga menyebabkan dispnea, peningkatan usaha napas, dan gangguan pola napas tidak efektif. Meskipun *Balloon Blowing Exercise* berpotensi memperbaiki ventilasi, penerapannya sebagai intervensi keperawatan nonfarmakologis di rumah sakit masih terbatas. Penulisan ini bertujuan menganalisis penerapan asuhan keperawatan dengan intervensi *Balloon Blowing Exercise* pada pasien COPD dengan gangguan pola napas tidak efektif. Penulisan ini menggunakan metode studi kasus pada Tn. M usia 72 tahun dengan diagnosis medis COPD eksaserbasi akut di RSUD R.T. Notopuro Sidoarjo. Asuhan keperawatan dilakukan melalui tahap pengkajian, diagnosis, intervensi, *re-assessment*, implementasi, dan evaluasi. *Balloon Blowing Exercise* diberikan satu kali sehari selama tiga hari dengan durasi lima menit. Setelah intervensi, kondisi respirasi pasien membaik ditandai penurunan frekuensi napas dari 26 menjadi 21 kali/menit, peningkatan saturasi oksigen dari 98% menjadi 99%, berkurangnya *wheezing* dan penggunaan otot bantu napas, penurunan derajat dispnea dari MRC grade 3 menjadi grade 1, serta pasien mampu melakukan *Balloon Blowing Exercise* secara mandiri. Masalah keperawatan dinyatakan teratasi sebagian menuju teratasi. *Balloon Blowing Exercise* yang diberikan berdasarkan hasil *re-assessment* mendukung perbaikan ventilasi, menurunkan kerja napas, dan meningkatkan kemampuan fungsional pasien. Intervensi ini berpotensi menjadi alternatif tindakan keperawatan nonfarmakologis berbasis bukti pada pasien COPD dengan gangguan pola napas tidak efektif.

Kata Kunci : *Balloon Blowing Exercise*, Copd, Pola napas tidak efektif

ABSTRACT

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Title : Nursing Care for Ineffective Breathing Pattern Using Balloon Blowing Exercise Intervention in Patients with Chronic Obstructive Pulmonary Disease (COPD)

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Chronic Obstructive Pulmonary Disease (COPD) is a chronic respiratory disease characterized by persistent airflow obstruction, resulting in dyspnea, increased work of breathing, and an ineffective breathing pattern. Although Balloon Blowing Exercise (BBE) has the potential to improve ventilation, its application as a non-pharmacological nursing intervention in hospitals remains limited. This case study aimed to analyze the implementation of nursing care using Balloon Blowing Exercise in a patient with COPD experiencing an ineffective breathing pattern. The study employed a case study design involving Mr. M, a 72-year-old patient diagnosed with acute exacerbation of COPD at R.T. Notopuro Regional Hospital, Sidoarjo. The nursing care process included assessment, nursing diagnosis, intervention planning, re-assessment, implementation, and evaluation. Balloon Blowing Exercise was administered once daily for three consecutive days, with each session lasting five minutes. Following the intervention, the patient's respiratory condition improved, as indicated by a decrease in respiratory rate from 26 to 21 breaths per minute, an increase in oxygen saturation from 98% to 99%, reduced wheezing and use of accessory respiratory muscles, improvement in dyspnea severity from Medical Research Council (MRC) grade 3 to grade 1, and the patient's ability to perform Balloon Blowing Exercise independently. The nursing problem was partially resolved, progressing toward resolution. Balloon Blowing Exercise, implemented based on re-assessment findings, supported improved ventilation, reduced the work of breathing, and enhanced the patient's functional capacity. This intervention may serve as an evidence-based non-pharmacological nursing intervention for patients with COPD experiencing an ineffective breathing pattern.

Kata Kunci : *Balloon Blowing Exercise, Copd, Ineffective breathing pattern.*