

## **ABSTRAK**

### **ASUHAN KEPERAWATAN BERSIHAN JALAN NAFAS TIDAK EFEKTIF DENGAN TEKNIK *BREATHING EXERCISE* PADA KLIEN EFUSI PLEURA DI RUANG ASTER RSUD DR. MOH. SOEWANDIE SURABAYA**

Efusi pleura adalah penumpukan cairan di rongga pleura yang terjadi akibat infeksi, keganasan, inflamasi jaringan parenkim paru, ataupun gagal jantung kongestif. Kondisi ini dapat menimbulkan masalah pernapasan serius, salah satunya bersihan jalan napas tidak efektif. Penelitian ini bertujuan untuk menggambarkan penerapan asuhan keperawatan dengan teknik *breathing exercise* pada klien efusi pleura yang mengalami gangguan bersihan jalan napas di Ruang Aster RSUD dr. Moh. Soewandhie Surabaya.

Penelitian memakai rancangan studi kasus dengan dua partisipan yang didiagnosis efusi pleura disertai masalah bersihan jalan napas tidak efektif. Fokus penelitian dibatasi pada penerapan teknik *breathing exercise* sebagai intervensi utama. Data diperoleh melalui wawancara, observasi, serta pemeriksaan fisik.

Hasil pengkajian memperlihatkan kedua klien mengeluhkan sesak napas dan batuk berdahak. Diagnosis keperawatan yang ditegakkan adalah bersihan jalan napas tidak efektif berhubungan dengan hipersekresi jalan napas ditandai dengan batuk tidak efektif. Intervensi berupa *breathing exercise* diberikan selama 1x24 jam. Evaluasi memperlihatkan perbaikan tanda klinis, yakni berkurangnya sesak napas dan batuk.

Teknik *breathing exercise* terbukti efektif untuk membantu meningkatkan bersihan jalan napas pada pasien efusi pleura. Perawat diharapkan meningkatkan pengetahuan serta keterampilan untuk memberikan intervensi nonfarmakologis ini untuk mengoptimalkan pelayanan keperawatan.

Kata Kunci: Efusi Pleura, Bersihan Jalan Napas Tidak Efektif, *Breathing Exercise*.

## **ABSTRACT**

### ***NURSING CARE FOR INEFFECTIVE AIRWAY CLEARANCE WITH BREATHING EXERCISE TECHNIQUES IN PLEURAL EFFUSION PATIENTS IN THE ASTER ROOM RSUD DR. MOH. SOEWANDIE SURABAYA***

*Pleural effusion is the accumulation of fluid in the pleural cavity caused by infection, malignancy, inflammation of the lung parenchyma, or congestive heart failure. This condition can lead to severe respiratory problems, including ineffective airway clearance. The purpose of this study was to describe the application of nursing care using breathing exercise techniques in patients with pleural effusion experiencing ineffective airway clearance at Aster Ward, Dr. Moh. Soewandhie General Hospital, Surabaya.*

*This study employed a case study design involving two patients diagnosed with pleural effusion accompanied by ineffective airway clearance problems. The research was limited to the implementation of breathing exercise as the primary nursing intervention. Data collection was carried out through interviews, observation, and physical examinations.*

*The assessment revealed that both patients complained of dyspnea and productive cough. The nursing diagnosis established was ineffective airway clearance related to airway hypersecretion as evidenced by ineffective coughing. The intervention consisted of breathing exercise performed for 24 hours. Evaluation demonstrated clinical improvement, including reduced dyspnea and cough.*

*In conclusion, breathing exercise was proven effective in improving airway clearance in pleural effusion patients. Nurses are encouraged to enhance their knowledge and skills in providing this non-pharmacological intervention to optimize nursing care.*

***Keywords:*** *Pleural Effusion, Ineffective Airway Clearance, Breathing Exercise.*