

ABSTRAK

ASUHAN KEPERAWATAN PADA KLIEN TUBERKULOSIS PARU DENGAN BERSIHAN JALAN NAFAS TIDAK EFEKTIF MELALUI INTERVENSI *ACTIVE CYCLE OF BREATHING TECHNIQUE* DI RUANG BUGENVIL RSUD DR. MOHAMAD SOEWANDHIE SURABAYA

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Tingginya kasus tuberkulosis perlu ditangani secara tepat karena infeksi tuberkulosis tidak hanya menyerang paru-paru dan saluran pernafasan. Masalah keperawatan muncul pada pasien TB Paru adalah bersihan jalan nafas tidak efektif berhubungan dengan sekresi yang tertahan. Upaya untuk mengatasi masalah keperawatan bersihan jalan nafas tidak efektif pada klien Tuberkulosis Paru yaitu dengan memberikan *active cycle of breathing technique*. Penelitian ini bertujuan untuk mengetahui gambaran asuhan keperawatan pada klien tuberkulosis paru dengan bersihan jalan nafas tidak efektif melalui intervensi *active cycle of breathing technique* di Ruang Bugenvil RSUD Dr. Mohamad Soewandhie Surabaya.

Penelitian menggunakan pendekatan asuhan keperawatan dengan subjek klien penderita Tuberkulosis paru dengan masalah bersihan jalan nafas tidak efektif. Data dikumpulkan melalui wawancara, observasi, dengan menggunakan lembar observasi asuhan keperawatan sesuai pedoman Prodi Keperawatan Kampus Soetomo. Analisis data dilakukan secara deskriptif.

Hasil diperoleh bahwa intervensi pada kedua klien tersebut yaitu ajarkan *active cycle of breathing technique*. Kemudian didapatkan dengan mengajarkan *active cycle of breathing technique* sekret dapat dikeluarkan dan kedua klien mampu melatih secara mandiri. Implementasi asuhan keperawatan dan *active cycle of breathing technique* mampu mengeluarkan sekret, mengurangi sesak napas.

Diharapkan intervensi *active cycle of breathing technique* dapat diterapkan secara mandiri oleh klien atau keluarga klien karena dinilai efektif untuk memudahkan mengeluarkan sekret dan mengurangi sesak nafas yang terjadi pada klien Tuberkulosis paru dengan masalah bersihan jalan nafas tidak efektif.

Kata Kunci : Asuhan Keperawatan, Tuberkulosis Paru, Bersihan Jalan Nafas Tidak Efektif, *Active Cycle Of Breathing Technique*.

ABSTRACT

Nursing Care for Clients with Pulmonary Tuberculosis with Ineffective Airway Clearance through the Active Cycle of Breathing Technique Intervention in the Bugenvile Room of Dr. Mohammad Soewandhie General Hospital Surabaya

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The high number of tuberculosis cases requires appropriate treatment because tuberculosis infection affects more than just the lungs and respiratory tract. A nursing problem that arises in patients with pulmonary tuberculosis is ineffective airway clearance related to retained secretions. Efforts to address the nursing problem of ineffective airway clearance in clients with pulmonary tuberculosis include providing the active cycle of breathing technique. This study aims to describe the nursing care provided to clients with pulmonary tuberculosis with ineffective airway clearance through the active cycle of breathing technique intervention in the Bugenvil Ward of Dr. Mohamad Soewandhie Regional Hospital, Surabaya.

The study used a nursing care approach with clients with pulmonary tuberculosis with ineffective airway clearance. Data were collected through interviews and observations using nursing care observation sheets in accordance with the guidelines of the Soetomo Campus Nursing Study Program. Data analysis was conducted descriptively.

The results showed that the intervention for both clients included teaching the active cycle of breathing technique. Furthermore, by teaching the active cycle of breathing technique, secretions could be expelled, and both clients were able to practice independently. The implementation of nursing care and the active cycle of breathing technique can remove secretions and reduce shortness of breath.

It is hoped that the active cycle of breathing technique intervention can be implemented independently by clients or their families, as it is considered effective in facilitating the removal of secretions and reducing shortness of breath in clients with pulmonary tuberculosis who have ineffective airway clearance.

Keywords: *Nursing Care, Pulmonary Tuberculosis, Ineffective Airway Clearance, Active Cycle Of Breathing Technique.*