

ABSTRAK

ASUHAN KEPERAWATAN DENGAN MASALAH BERSIHAN JALAN NAFAS TIDAK EFEKTIF PADA PASIEN TUBERKULOSIS PARU MENGGUNAKAN TERAPI BATUK EFEKTIF DAN FISIOTERAPI DADA DI RSPAL dr. RAMELAN SURABAYA

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Tuberkulosis paru merupakan penyakit menular dengan angka morbiditas tinggi yang sering menimbulkan masalah ketidakefektifan bersihan jalan napas akibat penumpukan sekret. Penelitian ini bertujuan untuk mengkaji pengaruh asuhan keperawatan yang melibatkan teknik batuk efektif dan fisioterapi dada dalam mengatasi masalah ketidakefektifan pembersihan saluran napas pada pasien tuberkulosis paru.

Penelitian ini menerapkan desain deskriptif dengan metode studi kasus terhadap dua pasien dengan penderita tuberkulosis paru yang dirawat di Ruang Bacan Lantai 1 RSPAL dr. Ramelan Surabaya pada Oktober–November 2024. Intervensi dilakukan melalui penerapan teknik batuk efektif dan fisioterapi dada (clapping dan vibrasi) selama empat hari. Evaluasi mencakup frekuensi napas, suara napas, kemampuan batuk, serta produksi sputum.

Kedua pasien mengalami masalah bersihan jalan napas tidak efektif. Pada klien 1, setelah empat hari intervensi, seluruh kriteria hasil tercapai: sesak napas berkurang, batuk berdahak teratasi, frekuensi napas membaik (20x/menit), dan sputum berkurang signifikan. Pada klien 2, terjadi perbaikan parsial berupa penurunan batuk berdahak serta stabilisasi frekuensi napas (22x/menit), meskipun beberapa gejala masih tersisa. Secara keseluruhan, kombinasi batuk efektif dan fisioterapi dada terbukti meningkatkan kemampuan pembersihan jalan napas.

Kombinasi teknik batuk efektif dan fisioterapi dada efektif dalam memperbaiki bersihan jalan napas pada pasien tuberkulosis paru, dengan hasil optimal pada satu pasien dan perbaikan bermakna pada pasien lainnya. Intervensi ini direkomendasikan sebagai bagian dari asuhan keperawatan berbasis bukti. Hasil penelitian ini diharapkan dapat menjadi sumber acuan bagi perawat dalam pelaksanaan praktik klinis dan mendorong pengembangan intervensi keperawatan mandiri yang lebih luas dalam penanganan gangguan pernapasan pada pasien tuberkulosis.

Kata kunci : Tuberkulosis paru, bersihan jalan napas tidak efektif, terapi batuk efektif, fisioterapi dada, asuhan keperawatan.

ABSTRACT

NURSING CARE FOR INEFFECTIVE AIRWAY CLEARANCE IN PATIENTS WITH PULMONARY TUBERCULOSIS USING EFFECTIVE COUGH THERAPY AND CHEST PHYSIOTHERAPY AT RSPAL DR. RAMELAN SURABAYA

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Pulmonary tuberculosis is a highly contagious disease with high morbidity and often leads to ineffective airway clearance due to secretion buildup. This study aims to assess the effect of nursing care involving effective coughing techniques and chest physiotherapy on addressing ineffective airway clearance in patients with pulmonary tuberculosis.

This study employed a descriptive design with a case study method on two patients with pulmonary tuberculosis who were treated in the Bacan Ward, 1st Floor, Dr. Ramelan Naval Hospital, Surabaya, in October–November 2024. Interventions included effective coughing techniques and chest physiotherapy (clapping and vibration) for four days. Evaluations included respiratory rate, breath sounds, coughing ability, and sputum production.

Both patients experienced ineffective airway clearance. In client 1, after four days of intervention, all outcome criteria were met: reduced shortness of breath, resolution of productive cough, improved respiratory rate (20x/minute), and significant reduction in sputum production. In client 2, partial improvement occurred with a decrease in productive cough and stabilization of respiratory rate (22x/minute), although some symptoms persisted. Overall, the combination of effective coughing and chest physiotherapy has been shown to improve airway clearance.

The combination of effective coughing techniques and chest physiotherapy was effective in improving airway clearance in patients with pulmonary tuberculosis, with optimal results in one patient and significant improvement in another. This intervention is recommended as part of evidence-based nursing care. The results of this study are expected to serve as a reference source for nurses in clinical practice and encourage the development of broader independent nursing interventions for managing respiratory disorders in patients with tuberculosis.

Keywords :*Pulmonary tuberculosis, ineffective airway clearance, effective cough therapy, chest physiotherapy, nursing care.*