

ABSTRAK

ASUHAN KEPERAWATAN POLA NAPAS TIDAK EFEKTIF PADA PASIEN PNEUMONIA DENGAN PENERAPAN *DIAPHRAGMATIC BREATHING EXERCISE* DI RSUD DR. MOH. SOEWANDHIE SURABAYA

Dwi Eny Aprilia¹, Ach. Arfan Adinata², Nikmatul Fadilah³, Aida Novitasari⁴

Prodi Pendidikan Profesi Ners, Poltekkes Kemenkes Surabaya

Email : liaeny.2813@gmail.com

Latar Belakang : Pneumonia menjadi salah satu penyebab utama kematian baik karena dapat menyebabkan ketidakefektifan pola napas. Salah satu intervensi yang mampu menangani ketidakefektifan pola napas adalah *diaphragmatic breathing exercise*. Penelitian ini bertujuan untuk mengetahui asuhan keperawatan pada pasien pneumonia yang mengalami pola napas tidak efektif dengan penerapan *diaphragmatic breathing exercise*.

Metode : Penelitian ini menggunakan metode studi kasus dengan pendekatan asuhan keperawatan. Partisipan sebanyak 2 pasien pneumonia di Ruang Aster RSUD dr. Mohamad Soewandhie Surabaya. Data asuhan keperawatan didapatkan melalui wawancara, pemeriksaan fisik, dan pemeriksaan penunjang menggunakan format asuhan keperawatan dan Standar Prosedur Operasional (SPO) *diaphragmatic breathing exercise*. Analisa data secara deskriptif.

Hasil : Hasil pengkajian menunjukkan kedua pasien memiliki keluhan utama yang sama, yaitu sesak napas, namun pada pasien 2 juga terdapat keluhan batuk. Diagnosis keperawatan pola napas tidak efektif yang ditegakkan sesuai dengan kondisi pasien. Perencanaan dan pelaksanaan manajemen jalan napas dengan difokuskan pada *diaphragmatic breathing exercise* beserta intervensi pendukung lainnya dievaluasi berdasarkan kriteria hasil yang ingin dicapai. Terdapat perbedaan waktu evaluasi dimana pada pasien 2 memiliki selisih 1 hari perawatan lebih lama dibandingkan pasien 1.

Kesimpulan : *Diaphragmatic breathing exercise* beserta intervensi pendukung mampu memperbaiki pola napas pasien pneumonia. Diharapkan studi kasus ini dapat membantu tenaga kesehatan untuk meningkatkan kualitas pelayanan terutama pada pasien dengan pneumonia.

Kata kunci : Asuhan keperawatan, pneumonia, *diaphragmatic breathing exercise*

ABSTRACT

NURSING CARE FOR INEFFECTIVE BREATHING PATTERN IN PNEUMONIA PATIENTS WITH THE APPLICATION OF DIAPHRAGMATIC BREATHING EXERCISE AT RSUD DR. MOH. SOEWANDHIE SURABAYA

Dwi Eny Aprilia¹, Ach. Arfan Adinata², Nikmatul Fadilah³, Aida Novitasari⁴

Prodi Pendidikan Profesi Ners, Poltekkes Kemenkes Surabaya

Email : liaeny.2813@gmail.com

Introduction : Pneumonia is one of the leading causes of death as it can result in ineffective breathing patterns. One intervention that can address ineffective breathing patterns is diaphragmatic breathing exercise. This study aims to explore nursing care for pneumonia patients experiencing ineffective breathing patterns through the implementation of diaphragmatic breathing exercise.

Method : This research utilized a case study method with a nursing care approach. The participants consisted of two pneumonia patients in the Aster Ward of RSUD dr. Mohamad Soewandhie, Surabaya. Nursing care data were collected through interviews, physical examinations, and supporting assessments using the nursing care format and the Standard Operating Procedure (SOP) for diaphragmatic breathing exercise. Data were analyzed descriptively.

Results : The assessment results showed that both patients had the same main complaint, namely shortness of breath. However, patient 2 also experienced a cough. The nursing diagnosis of ineffective breathing pattern was established based on the patients' conditions. The planning and implementation of airway management focused on diaphragmatic breathing exercises along with other supporting interventions, and were evaluated based on the targeted outcome criteria. There was a difference in the duration of evaluation, where patient 2 required one day longer of care compared to patient 1.

Discussion : Diaphragmatic breathing exercises along with supporting interventions can improve the breathing patterns of pneumonia patients. This case study is expected to assist healthcare professionals in enhancing the quality of care, especially for patients with pneumonia.

Key words : Nursing care, pneumonia, diaphragmatic breathing exercise