

ABSTRAK

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ASUHAN KEPERAWATAN POLA NAFAS TIDAK EFEKTIF PADA PASIEN PPOK DENGAN PENERAPAN TEKNIK PURSED LIP BREATHING DI RSUD DR. SOETOMO SURABAYA.

Xiv + 109 Halaman + 10 Tabel + 10 Lampiran

Penyakit Paru Obstruksi Kronik (PPOK) ialah gangguan di mekanisme bernapas di mana gejalanya yakni adanya penghambatan udara mengalir di jalan pernapasan yakni sifatnya progresif, nonreversible, maupun reversible parsial. Kondisi itu dapat menimbulkan gangguan ventilasi dan oksigenasi yang berujung pada kegagalan pernapasan. Intervensi nonfarmakologis yang bisa diberikan ialah teknik pernapasan *pursed lip breathing* untuk membantu meningkatkan efektivitas ventilasi paru. Studi ini bermaksud guna menganalisis efektivitas teknik "*pursed lip breathing*" agar sesaknya pernapasan turun di penderita sakit paru-paru. Metode pengumpulan data dilaksanakan lewat pengkajian, observasi, pemeriksaan fisik, serta pengukuran memakai skala Borg. Intervensi teknik *pursed lip breathing* dilaksanakan sejumlah tiga kali sehari berdurasi 10–15 menit sesuai kondisi dan toleransi pasien. Hasil evaluasi keperawatan sesudah tindakan selama tiga hari memperlihatkan perbaikan keadaan pasien, ditandai dengan penurunan sesak napas, skala Borg menjadi 0, dan frekuensi napas kembali normal yakni 20 kali per menit. Dengan demikian, cara "*pursed lip breathing*" berhasil guna mengurangi sesaknya pernapasan sekaligus menambah pola pernapasan di penderita penyakit paru.

Kata kunci: PPOK, *pursed lip breathing*, sesak napas, frekuensi napas.

Daftar Bacaan : 10 buku (2017 – 2026)

ABSTRACT

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NURSING CARE FOR INEFFECTIVE BREATHING PATTERN IN COPD PATIENTS WITH THE APPLICATION OF PURSED LIP BREATHING TECHNIQUE AT DR. SOETOMO REGIONAL GENERAL HOSPITAL SURABAYA

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Chronic Obstructive Pulmonary Disease (COPD) is a respiratory disorder characterized by progressive airflow limitation that is nonreversible or partially reversible. This condition may cause ventilation and oxygenation disorders leading to respiratory failure. One of the non-pharmacological interventions that can be applied is the pursed lip breathing technique to improve the effectiveness of pulmonary ventilation. This research aimed to determine the effectiveness of the pursed lip breathing technique in reducing shortness of breath in patients with pulmonary disease. Data collection methods included assessment, observation, physical examination, and measurement using the Borg Scale. The pursed lip breathing intervention was carried out three times a day for 10–15 minutes according to the patient's condition and tolerance. The results of nursing evaluation after three days of intervention showed an improvement in the patient's condition, indicated by reduced dyspnea, a Borg Scale score of 0, and a normal respiratory rate of 20 breaths per minute. Therefore, the pursed lip breathing technique is effective in reducing shortness of breath and improving breathing patterns in patients with pulmonary disease.

Keywords: COPD, pursed lip breathing, dyspnea, respiratory rate.

References : 10 books (2017 - 2026)