

ABSTRAK
SEKOLAH TINGGI ILMU KESEHATAN
BINA HUSADA PALEMBANG
PROGRAM STUDI PROFESI NERS
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ENDANG SETIAWATI

ANALISIS ASUHAN KEPERAWATAN PADA PASIEN ASMA BRONKHIAL YANG MENGALAMI KETIDAKEFEKTIFAN POLA NAFAS DENGAN INTERVENSI TERAPI TEKNIK PERNAFASAN *PURSED LIP BREATHING* DI WILAYAH KERJA UPTD PUSKESMAS TIRTA HARJA
(xvii + 80 Halaman + 8 Lampiran)

ABSTRAK

Asma menjadi penyumbang banyak angka kematian diseluruh dunia. Asma bronkhial salah satu jenis penyakit jangka panjang atau kronis pada saluran pernapasan yang di tandai dengan peradangan dan penyempitan saluran napas. Dampak serangan asma atau reaksi anafilaksis dapat menyebabkan kematian. Indonesia termasuk daerah endemis tungau debu rumah.

Tujuan penelitian ini yaitu menerapkan intervensi analisis asuhan keperawatan pada pasien asma bronkhial yang mengalami ketidakefektifan pola nafas dengan intervensi terapi teknik pernafasan *pursed lip breathing* di wilayah kerja UPTD Puskesmas Tirta Harja. Pada penulisan metode ilmiah sesuai dengan kaidah proses keperawatan meliputi pengkajian, diagnosa keperawatan, intervensi keperawatan, implementasi keperawatan, dan evaluasi asuhan keperawatan dilaksanakan selama 1 x 24 jam.

Hasil pengkajian pada saat pengkajian yang dilakukan pada pasien An “S” dengan asma bronkhial data pasien mengatakan sesak napas, batuk berlendir dan terdengar suara wheezing, frekuensi napas 38 x/menit. Setelah dilakukan intervensi keperawatan teknik pernapasan *pursed lip breathing* 3 x 15 menit selama 3 hari didapatkan hasil frekuensi napas klien turun menjadi 36 x/menit.

Diharapkan bagi pihak UPTD Puskesmas Tirta Harja tindakan *Pursed Lip Breathing* ini agar bisa dilakukan kedepannya sebagai intervensi yang dapat dilakukan dirumah dan diterapkan untuk penanganan non farmakologi pada asma bronkhial dengan masalah ketidakefektifan pola napas.

Kata Kunci : Asuhan Keperawatan Asma Bronkhial, ketidakefektifan pola napas, *Pursed Lip Breathing*

Daftar Pustaka : 38 (2015 – 2024).

ABSTRACT
INSTITUTE OF HEALTH SCIENCE
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ENDANG SETIAWATI

ANALYSIS OF NURSING CARE FOR BRONCHIAL ASTHMA PATIENTS WHO EXPERIENCE INAFFECTIVE BREATHING PATTERNS USING *PURSED LIP BREATHING* TECHNIQUE THERAPY INTERVENTION IN THE WORKING AREA OF THE UPTD PUSKESMAS TIRTA HARJA
(xvii + 80 Pages + 8 Attachment)

ABSTRACT

Asthma is a contributor to many deaths throughout the world. Bronchial asthma is a type of long-term or chronic disease of the respiratory tract which is characterized by inflammation and narrowing of the airways. The impact of an asthma attack or anaphylactic reaction can cause death. Indonesia is an endemic area for house dust mites.

The aim of this research is to be able to apply nursing care analysis interventions to bronchial asthma patients who experience ineffective breathing patterns with the therapeutic intervention of pursed lip breathing techniques in the UPTD work area of Tirta Harja Health Center. In writing the scientific method in accordance with the rules of the nursing process, it includes assessment, nursing diagnosis, nursing intervention, nursing implementation, and evaluation of nursing care carried out 1 x 24 hours.

The results of the assessment during the assessment carried out on patient An "S" with bronchial asthma, the patient's data stated shortness of breath, coughing up mucus and wheezing sounds, respiratory frequency 38 x/minute. After carrying out the nursing intervention with the *pursed lip breathing* technique 3 x 15 minutes for 3 days, it was found that the client's respiratory frequency had dropped to 36 x/minute.

It is hoped that the UPTD of the Tirta Harja Community Health Center will carry out *Pursed Lip Breathing* in the future as an intervention that can be carried out at home and applied for non-pharmacological treatment of bronchial asthma with the problem of ineffective breathing patterns.

Keywords: Bronchial Asthma Nursing Care, ineffective breathing patterns, Pursed Lip Breathing

Bibliography :38 (2015-2024)