

ABSTRAK

**SEKOLAH TINGGI ILMU KESEHATAN BINA HUSADA PALEMBANG
PROGRAM STUDI KEPERAWATAN
Skripsi, Februari 2024**

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**Pengaruh Terapi Fisioterapi Dada Terhadap Bersihan Jalan Nafas Pada Pasien
Tuberkulosis Paru Diruangan Rawat Inap Meranti RSUD Siti Fatimah Az-Zahra
Sumatera Selatan Tahun 2024**

(xviii +75 halaman +5 tabel + 6 gambar + 12 lampiran)

Tuberkulosis Paru sampai dengan saat ini masih merupakan salah satu masalah kesehatan masyarakat di dunia walaupun upaya penanggulangan TBC telah dilaksanakan di banyak negara sejak tahun 1995. Tuberkulosis adalah suatu penyakit menular yang disebabkan oleh bakteri *Mycobacterium tuberculosis*. Berdasarkan studi pendahuluan didapatkan pasien susah mengeluarkan dahak secara mandiri, upaya yang dapat dilakukan yaitu dengan cara terapi fisioterapi dada sehingga membantu pasien mengeluarkan dahak secara maksimal.

Diketuinya pengaruh Terapi Fisioterapi Dada Terhadap Bersihan Jalan Nafas Pada Pasien Tuberkulosis Paru Diruangan Rawat Inap Meranti RSUD Siti Fatimah Az-Zahra Provinsi Sumatera Selatan Tahun 2024.

Penelitian ini menggunakan desain penelitian kuantitatif quasi eksperimental dengan pendekatan *one group pretest and posttest design*. Penelitian ini dilakukan di Rumah Sakit Umum Daerah Siti Fatimah Az-Zahra Provinsi Sumatera Selatan. Sampel pada penelitian ini yaitu laki-laki dan perempuan penderita penyakit tuberkulosis paru yang di rawat diruangan rawat inap Meranti RSUD Siti Fatimah Az-Zahra Provinsi Sumatera Selatan. Teknik purposive sampling dan analisis yaitu uji *paired t-test*.

Hasil Penelitian ini menunjukkan bahwa nilai mean sebelum dilakukan terapi fisioterapi dada sebesar 23,40 nilai mean sesudah sebesar 22,25 yang di tunjukan dengan uji paired t- test didapatkan p value $0.000 < 0,05$ yang artinya ada pengaruh sebelum dan sesudah dilakukan terapi fisioterapi dada, sehingga terapi fisioterapi dada dapat direkomendasikan untuk membantu membersihkan jalan nafas responden dan dapat di jadikan sebagai standar operasional prosedur perawat dalam pemberian pelayanan alternatif tindakan non farmakologi bagi pasien.

Kata Kunci : Terapi Fisioterapi Dada, Tuberkulosis

Daftar Pustaka : 32 (2018-2023)

ABSTRACT

HIGH SCHOOL OF HEALTH SCIENCE BINA HUSADA PALEMBANG NURSING STUDY PROGRAMME

Thesis, February 2024

FAIZAL AKBAR RAMADHAN

The Effect of Chest Physiotherapy Therapy on Airway Clearance in Pulmonary Tuberculosis Patients in the Meranti Inpatient Room of Siti Fatimah Az-Zahra Hospital South Sumatra Year 2024

(xviii +75 pages +5 tables + 6 figures + 12 attachments)

Pulmonary Tuberculosis is still one of the public health problems in the world even though TB control efforts have been implemented in many countries since 1995. Tuberculosis is an infectious disease caused by the bacteria *Mycobacterium tuberculosis*. Based on the preliminary study, it was found that the patient had difficulty expelling phlegm independently, the efforts that can be made are by means of chest physiotherapy therapy so as to help patients expel phlegm optimally. It is known that the effect of Chest Physiotherapy Therapy on Airway Clearance in Pulmonary Tuberculosis Patients in the Meranti Inpatient Room of Siti Fatimah Az- Zahra Hospital, South Sumatra Province in 2024.

This study used a quasi-experimental quantitative research design with a one group pretest and posttest design approach. This research was conducted at the Siti Fatimah Az-Zahra Regional General Hospital, South Sumatra Province. The samples in this study were men and women with pulmonary tuberculosis disease who were treated in the Meranti inpatient room at Siti Fatimah Az-Zahra Regional General Hospital, South Sumatra Province. The technique of purposive sampling and analysis is paired t-test.

The results of this study indicate that the mean value before chest physiotherapy therapy is 23.40 the mean value after 22.25 which is shown by the paired t-test test obtained p value $0.000 < 0.05$ which means that there is an influence before and after chest physiotherapy therapy, so that chest physiotherapy therapy can be recommended to help clear the respondent's airway and can be made as a standard operating procedure for nurses in providing alternative non-pharmacological action services for patients.

Keywords : Chest Physiotherapy Therapy, Tuberculosis

Bibliography : 32 (2018-2023)