

ABSTRAK

Penyakit Tuberkulosis merupakan penyakit yang mudah menular. Pada klien dengan penyakit tuberkulosis paru, terjadi penumpukan sekret pada saluran pernafasan dan klien mengalami kesulitan untuk membuang sekret tersebut. Untuk membuang sekret dari saluran pernafasan yaitu dengan cara batuk efektif. Tujuan penelitian ini untuk menerapkan terapi batuk efektif untuk memperlancar pembuangan sputum pada klien tuberkulosis paru di Ruang Penyakit Dalam RSUD H.M Rabain Muara Enim Tahun 2024

Hasil penelitian didapatkan pengkajian pada Tn "A" didapatkan data subjektif berupa klien mengatakan sesak nafas dan demam yang naik turun sejak 2 minggu yang lalu, sulit mengeluarkan dahak, tidak nafsu makan sejak seminggu yang lalu dan berat badan turun, sulit melakukan aktivitas karena sesak nafas dan sering terbangun pada malam hari. Data objektif yang didapat yaitu klien tampak sesak nafas, TD 130/90 mmHg, RR 30 x/menit, Nadi 89 x/menit, terdapat penggunaan otot bantu pernafasan (+) dan terdapat suara nafas ronkhi, BB dahulu 53 kg, BB sekarang 47 kg dan bising usus (+). Hanya terdapat 4 diagnosa yang sesuai dengan kondisi klien, Intervensi yang dibuat sesuai dengan standar SLKI, implementasi keperawatan yang dilakukan sudah sesuai dengan intervensi yang dibuat mengacu pada standar SLKI. Masalah bersihan jalan nafas tidak efektif teratasi pada hari ketiga perawatan tanggal 12 juni 2024, pasien sudah mampu mengeluarkan dahak dan sesak berkurang. Masalah hipertermi, defisit nutrisi dan kelelahan teratasi pada hari ketiga tanggal 12 juni 2024.

Disarankan bagi RSUD dr. H.M Rabain Muara Enim dapat memperbanyak informasi terkait terapi batuk efektif untuk mengatasi masalah keperawatan pada pasien tuberkulosis dengan media poster atau leaflet, sehingga pasien tuberkulosis dan keluarganya dapat mengetahui tentang cara mengeluarkan sputum dan dapat menerapkannya dirumah.

Kata Kunci: Batuk Efektif, Asuhan Keperawatan Tuberculosis Paru

ABSTRACT

Tuberculosis is a disease that is easily transmitted. In clients with pulmonary tuberculosis, there is a buildup of secretions in the respiratory tract and the client has difficulty getting rid of these secretions. To remove secretions from the respiratory tract, use an effective cough. The aim of this research is to apply effective cough therapy to facilitate sputum discharge in pulmonary tuberculosis clients in the Internal Medicine Room at H.M Rabain Muara Enim Hospital in 2024

The results of the research showed that an assessment of Mr "A" showed subjective data in the form of the client saying he had shortness of breath and fever that had been up and down since 2 weeks ago, the client said it was difficult to expel phlegm, the client said he had no appetite since the past week and had lost weight, it was difficult to do things. activity due to shortness of breath and often waking up at night because of shortness of breath and getting tired easily. Meanwhile, the objective data obtained is that the client appears short of breath, BP 130/90 mmHg, RR 30 x/minute, pulse 89 x/minute, there is use of accessory muscles for breathing (+) and there are rhonchi breath sounds, previous weight was 53 kg, current weight 47 kg and bowel sounds (+). There are only 4 diagnoses that are appropriate to the client's condition. The interventions made are in accordance with the SLKI standards, the nursing implementation carried out is in accordance with the interventions made referring to the SLKI standards. The nursing evaluation carried out on four existing nursing diagnoses was obtained, namely ineffective airway clearance, hyperthermia, nutritional deficit and fatigue. The problem of ineffective airway clearance was resolved on the third day of treatment on June 12 2024, the patient was able to expel phlegm and the shortness of breath was reduced. The problems of hyperthermia, nutritional deficit and fatigue were resolved on the third day, June 12 2024.

It is recommended for RSUD dr. H.M Rabain Muara Enim can increase information regarding effective cough therapy to overcome nursing problems in tuberculosis patients with posters or leaflets, so that tuberculosis patients and their families can know how to expel sputum and can apply it at home.

Keywords: Effective Cough, Pulmonary Tuberculosis Nursing Care