

ABSTRAK

PENERAPAN TEKNIK PERNAPASAN PURSED LIPS TERHADAP PENURUNAN SESAK DAN PENINGKATAN SATURASI OKSIGEN PADA PASIEN TB PARU DI IGD SYEKH YUSUF GOWA

Tuberculosis paru merupakan salah satu penyakit tertua yang saat ini masih menjadi penyebab utama kesakitan dan kematian di dunia terutama Negara sedang berkembang. Kurang lebih sepertiga penduduk dunia telah terinfeksi *Mycobacterium tuberculosis* walaupun mereka belum jatuh sakit. Penurunan sistem imun, seperti pada orang yang terinfeksi Human Immunodeficiency Virus (HIV), malnutrisi, diabetes mellitus dan perokok memiliki risiko terbesar untuk menderita Tuberculosis paru.(Rumilang & Sari, 2024). Terdapat perbedaan saturasi oksigen sebelum dan sesudah dilakukan intervensi teknik pernapasan pursed lips breathing. Saat dilakukan teknik pernafasan pursed lips pasien mampu memahami dan mengikuti instruksi yang disampaikan oleh penulis. Setelah dilakukan intervensi selama 6 jam dan dilakukan pengukuran pernapasan dan tingkat saturasi oksigen pada pasien, terjadi perbedaan frekuensi nafas yang awalnya 30x/menit menjadi 28x/menit lalu pada pengukuran saturasi oksigen pada pasien yang awalnya 94% menjadi bernilai 98%. Kesimpulan bahwa ada pengaruh pemberian teknik pernapasan pursed lips. Diharapkan dapat menjadi sumber informasi untuk meningkatkan pelayanan keperawatan khususnya pada pasien Tuberculosis Paru.

Kata Kunci : Tuberculosis Paru, Puresd Lips , Penurunan sesak & Peningkatan saturasi oksigen

ABSTRACT

APPLICATION OF PURSED LIPS BREATHING TECHNIQUE TOWARDS DECREASE SHORTNESS AND INCREASING OXYGEN SATURATION IN PULMONARY TB PATIENTSIN THE SYEKH YUSUF GOWA IGD

Pulmonary tuberculosis is one of the oldest diseases which is still a major cause of morbidity and mortality in the world, especially in developing countries. Approximately one third of the world's population has been infected with *Mycobacterium tuberculosis* even though they have not fallen ill. Decreased immune systems, such as in people infected with Human Immunodeficiency Virus (HIV), malnutrition, diabetes mellitus and smokers have the greatest risk of suffering from pulmonary tuberculosis. (Rumilang & Sari, 2024). There is a difference in oxygen saturation before and after the pursed lips breathing technique intervention. When the pursed lips breathing technique was performed, the patient was able to understand and follow the instructions given by the author. After the intervention for 6 hours and the measurement of breathing and oxygen saturation levels in patients, there was a difference in breathing frequency which was initially 30x/minute to 28x/minute then in the measurement of oxygen saturation in patients which was initially 94% to 98%. The conclusion is that there is an effect of providing pursed lips breathing techniques. It is expected to be a source of information to improve nursing services, especially in patients with Pulmonary Tuberculosis.

Keywords: Pulmonary Tuberculosis, Pursed Lips, Reducing shortness of breath & Increasing oxygen saturation