

ABSTRAK

PENERAPAN TERAPI *HAND HELD FAN* TERHADAP PENURUNAN SESAK NAPAS DENGAN EFUSI PLEURA DI IGD RS IBNU SINA YW UMI MAKASSAR

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Efusi pleura merupakan kondisi patologis akibat penumpukan cairan abnormal di rongga pleura yang dapat terjadi karena berbagai penyebab, seperti gagal jantung, infeksi, atau keganasan. Tujuannya untuk memperoleh gambaran tentang penerapan terapi *hand held fan* terhadap penurunan sesak napas pada pasien efusi pleura. Terapi *hand-held fan* bekerja dengan meniupkan udara ke wajah yang dapat mengurangi sesak napas, dan meningkatkan persepsi kenyamanan pasien. Setelah dilakukan intervensi selama 8 jam dan dilakukan pengukuran pernapasan dan tingkat saturasi oksigen pada pasien, terjadi perbedaan frekuensi napas yang awalnya 26x/menit menjadi 22x/menit lalu pada pengukuran saturasi oksigen pada pasien yang awalnya 95% menjadi bernilai 97%. Kesimpulan bahwa ada pengaruh penerapan terapi *hand held fan*. Diharapkan dapat memberikan informasi untuk mengurangi sesak pada pasien efusi pleura.

Kata kunci: Efusi Pleura; Terapi *Hand Held Fan*

ABSTRACT

APPLICATION OF HAND HELD FAN THERAPY TOWARDS DECREASE IN SHORTNESS OF BREATH WITH PLEURA EFFUSION IN THE EMERGENCY ROOM OF IBNU SINA YW UMI HOSPITAL MAKASSAR

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Pleural effusion is a pathological condition resulting from the accumulation of abnormal fluid in the pleural cavity, which can occur due to various causes, such as heart failure, infection, or malignancy. Hand-held fan therapy works by blowing air into the face which can reduce shortness of breath and increase the patient's perception of comfort. The aim is to obtain overview of the application of hand- held fan therapy to reduce shortness of breath in patients with pleural effusion. After an 8-hour intervention and measurements of breathing and oxygen saturation levels in patients, there was a difference in breathing frequency from 26x/minute to 22x/minute, then in the measurement of oxygen saturation in patients from 95% to 97%. The conclusion is that there is an effect of the application of hand-held fan therapy. It is expected to provide information to reduce shortness of breath in patients with pleural effusion.

Kata kunci: Pleural effusion; *Hand Held Fan Therapy*

