

ABSTRAK

EFEKTIVITAS PENERAPAN TEKNIK PERNAPASAN *PURSED LIPS* TERHADAP PENINGKATAN SATURASI OKSIGEN PADA PASIEN TUBERCULOSIS PARU DI RUANG IGD RSUP Dr. TADJUDDIN CHALID MAKASSAR

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Penyakit menular yang masih menjadi perhatian seluruh dunia sebagai penyakit infeksius teratas karena sekitar seperempat populasi dunia telah terinfeksi mycobacterium tuberculosis dan berisiko terinfeksi tuberculosis. Tuberculosis Paru (TB Paru) adalah suatu penyakit infeksi menular yang terjadi pada saluran pernafasan manusia bagian bawah yang disebabkan oleh bakteri Mycobacterium Tuberculosis, dampak pada penderita seperti sesak nafas, kelemahan fisik, nyeri dada, menurunnya nafsu makan, batuk disertai sputum dan berat badan yang menurun. Salah satu terapi non farmakologis yang dapat dilakukan adalah teknik *pursed lips breathing*. *pursed lips breathing* merupakan teknik menarik nafas secara perlahan dan dikontrol dengan menghirup udara dari hidung lalu menghembuskannya dari mulut yang bertujuan untuk meningkatkan saturasi oksigen di dalam tubuh. Teknik pernafasan ini sangat mudah dilakukan sehari-hari karena tidak memerlukan alat bantu apa pun dan tidak ada efek negatif seperti memakai obat-obatan, durasi pemberian sebanyak 4-5 kali selama 5-10 menit. Untuk mengetahui Penerapan pemberian teknik pernafasan *pursed lips* terhadap peningkatan saturasi oksigen pada pasien tuberculosis paru di ruang instalasi gawat darurat RSUP Dr. Tadjuddin Chalid Makassar. Penelitian ini menggunakan pendekatan studi kasus deskriptif kualitatif dengan menggunakan instrumen berupa Standar Operasional Prosedur (SAP) teknik pernafasan *pursed lips* yang berfokus pada satu subjek utama yaitu Tn. S dengan masalah Keperawatan pola napas tidak efektif. Hasil Sebelum diberikan terapi non farmakologi terjadi peningkatan frekuensi pernafasan 35 x/menit dengan saturasi oksigen 87% dan Setelah diberikan asuhan keperawatan dengan intervensi Pemantauan respirasi berupa pemberian teknik pernafasan *pursed lips* selama 1 x 10 menit pada klien menunjukkan hasil frekuensi pernafasan menurun 32 x/menit dengan saturasi meningkat 93% dengan assessment teratasi sebagian dikarenakan sesaknya berkurang. Adapun beberapa diagnosa keperawatan lainnya yang ditemukan yaitu pola napas tidak efektif, bersihan jalan napas tidak efektif dan intoleransi aktivitas. Sehingga dapat disimpulkan teknik pernafasan *pursed lips* efektif untuk meningkatkan saturasi oksigen dalam tubuh.

Kata Kunci : Pernafasan *Pursed Lips*, Saturasi Oksigen, TB Paru

ABSTRACT

EFFECTIVENESS OF IMPLEMENTING PURSED LIPS BREATHING TECHNIQUE ON INCREASING OXYGEN SATURATION IN PULMONARY TUBERCULOSIS PATIENTS IN THE EMERGENCY ROOM OF Dr. TADJUDDIN CHALID HOSPITAL MAKASSAR

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Infectious diseases that are still a concern worldwide as the top infectious disease because about a quarter of the world's population has been infected with mycobacterium tuberculosis and is at risk of being infected with tuberculosis. Pulmonary Tuberculosis (Pulmonary TB) is an infectious disease that occurs in the lower human respiratory tract caused by the bacteria Mycobacterium Tuberculosis, the impact on sufferers such as shortness of breath, physical weakness, chest pain, decreased appetite, coughing with sputum and weight loss. One non-pharmacological therapy that can be done is the pursed lips breathing technique. Pursed lips breathing is a technique of taking a slow and controlled breath by inhaling air through the nose and then exhaling it through the mouth which aims to increase oxygen saturation in the body. This breathing technique is very easy to do every day because it does not require any aids and there are no negative effects such as taking drugs, the duration of administration is 4-5 times for 5-10 minutes. To determine the application of pursed lips breathing technique to increase oxygen saturation in pulmonary tuberculosis patients in the emergency room of Dr. Tadjuddin Chalid Hospital, Makassar. This study uses a qualitative descriptive case study approach using an instrument in the form of Standard Operating Procedures (SAP) for the pursed lips breathing technique which focuses on one main subject, namely Mr. S with a nursing problem of ineffective breathing patterns. Results Before being given non-pharmacological therapy, there was an increase in respiratory frequency of 35 x / minute with oxygen saturation of 87% and After being given nursing care with respiratory monitoring intervention in the form of providing pursed lips breathing techniques for 1 x 10 minutes to the client showed the results of respiratory frequency decreased to 32 x / minute with saturation increased by 93% with the assessment partially resolved due to reduced shortness of breath. Several other nursing diagnoses were found, namely ineffective breathing patterns, ineffective airway clearance and activity intolerance. So it can be concluded that the pursed lips breathing technique is effective for increasing oxygen saturation in the body

Keywords : Pursed Lips Breathing, Oxygen Saturation, Pulmonary TB