

ABSTRAK

PENGARUH PEMBERIAN TERAPI UAP MINYAK KAYU PUTIH TERHADAP BERSIHAN JALAN NAFAS PADA PASIENT BRONCHITIS DI IGD TK II PELAMONIA

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Bronkitis merupakan salah satu penyakit infeksi saluran pernapasan yang ditandai dengan batuk berdahak, sesak napas, dan peningkatan produksi sekret yang dapat menimbulkan masalah ketidakefektifan bersihan jalan napas. Upaya nonfarmakologis seperti terapi uap minyak kayu putih dapat digunakan karena kandungan *cineole* di dalamnya berfungsi sebagai mukolitik, bronkodilator, dan antiinflamasi yang membantu mengencerkan dahak, melegakan pernapasan, serta menjaga kelembapan saluran napas. Untuk mengetahui pengaruh pemberian terapi uap minyak kayu putih terhadap bersihan jalan napas pada pasien bronkitis di IGD RS TK II Pelamonia. Penelitian ini merupakan studi kasus pada 1 pasien bronkitis (Nn. D) dengan masalah keperawatan utama bersihan jalan napas tidak efektif. Intervensi yang diberikan berupa terapi inhalasi uap minyak kayu putih selama 10–15 menit sebanyak 1 kali sehari. Studi ini menunjukkan adanya perbaikan kondisi pasien berupa sesak napas berkurang, dahak lebih mudah dikeluarkan, dan peningkatan saturasi oksigen. Selain itu, terdapat pula diagnosa keperawatan lain seperti pola napas tidak efektif dan kelelahan yang ditangani sesuai intervensi keperawatan. Terapi uap minyak kayu putih dapat dipertimbangkan sebagai salah satu intervensi nonfarmakologis yang mudah, aman, dan bermanfaat bagi pasien bronkitis dalam meningkatkan efektivitas bersihan jalan napas di IGD.

Kata Kunci: Bronkhitis, Bersihan Jalan Napas, Terapi Uap Minyak Kayu Putih

ABSTRACT

THE EFFECT OF CAPE CULTURE OIL STEAM THERAPY ON AIRWAYS CLEARANCE IN BRONCHITIS PATIENTS IN THE ERGROUP II PELAMONIA

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Bronchitis is a respiratory tract infection characterized by a productive cough, shortness of breath, and increased secretion production that can lead to ineffective airway clearance. Non-pharmacological efforts such as eucalyptus oil steam therapy can be used because the cineole content in it functions as a mucolytic, bronchodilator, and anti-inflammatory that helps thin phlegm, relieve breathing, and maintain airway moisture. To determine the effect of eucalyptus oil steam therapy on airway clearance in bronchitis patients in the Emergency Room of Pelamonia Class II Hospital. This research is a case study on 1 bronchitis patient (Ms. D) with the main nursing problem of ineffective airway clearance. The intervention given was eucalyptus oil steam inhalation therapy for 10–15 minutes once a day. This study showed an improvement in the patient's condition in the form of reduced shortness of breath, easier expectoration of phlegm, and increased oxygen saturation. In addition, there were also other nursing diagnoses such as ineffective breathing patterns and fatigue that were treated according to nursing interventions. Eucalyptus oil steam therapy can be considered as a non-pharmacological intervention that is easy, safe, and beneficial for bronchitis patients in increasing the effectiveness of airway clearance in the emergency department.

Keywords: *Bronchitis, Airway Clearance, Eucalyptus Oil Steam Therapy*