

## ABSTRAK

### PENERAPAN TEKNIK PERNAPASAN *PURSED LIP BREATHING* TERHADAP PENINGKATAN SATURASI OKSIGEN PADA PASIEN ASMA BRONKIAL DI RUANG IGD

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**Latar Belakang :** Asma bronkial merupakan penyakit pernapasan kronis yang ditandai dengan kondisi penyempitan saluran nafas akibat hiperaktif atau peradangan. Penanganan asma nonfarmakologis dapat melalui *Pursed Lip Breathing*. Studi kasus ini untuk melihat penerapan *Pursed Lip Breathing* terhadap penyakit saturasi oksigen.

**Tujuan Penelitian :** Untuk mengetahui Penerapan Teknik *Pursed Lip Breathing* Dalam Meningkatkan Saturasi Oksigen Pada Pasien Dengan Asma Bronkial Di Ruang IGD RSUP Tajuddin Chalid Makassar.

**Metode :** Penelitian ini menggunakan studi kasus pada 1 pasien asma dan teknik *pursed lip breathing* selama 40-50 menit. Penilaian saturasi oksigen menggunakan oksimeter.

**Hasil penerapan :** Implementasi dilakukan selama kurang lebih 40-50 menit. Evaluasi didapatkan keluhan sesak berkurang setelah dilakukan teknik *pursed lip breathing* dari RR : 35x/menit menjadi 30x/menit dan Spo2 : 95% menjadi 99%.

**Kesimpulan :** penerapan teknik *pursed lip breathing* mampu menurunkan sesak nafas dan menaikkan saturasi oksigen pada pasien asma ditandai dengan adanya perbaikan frekuensi napas, peningkatan saturasi oksigen. Diharapkan dapat menjadi sumber informasi bagi pelayanan kesehatan dan menerapkan evidence base terapi *pursed lip breathing* untuk mengatasi sesak nafas dan kenaikan saturasi khususnya pada pasien asma.

**Kata Kunci :** Asma, *Pursed Lip Breathing*, Saturasi Oksigen.

## **ABSTRACT**

### **APPLICATION OF THE PURSED LIP BREATHING TECHNIQUE TOWARDS INCREASING OXYGEN SATURATION IN PATIENTS WITH BRONCHIAL ASTHMA IN THE ER**

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**Background :** *Bronchial asthma is a chronic respiratory disease characterized by airway narrowing due to hyperactivity or inflammation. Non-pharmacological asthma management can be achieved through Pursed Lip Breathing. This case study examines the application of Pursed Lip Breathing to oxygen saturation.*

**Research Objective :** *To determine the application of the Pursed Lip Breathing Technique to increase oxygen saturation in patients with bronchial asthma in the ER of Tajuddin Chalid General Hospital, Makassar.*

**Methods :** *This study used a case study of one asthma patient and the pursed lip breathing technique for 40-50 minutes. Oxygen saturation was assessed using an oximeter.*

**Implementation Results :** *Implementation was carried out for approximately 40-50 minutes. Evaluation revealed a reduction in shortness of breath after the pursed lip breathing technique, from RR: 35x/minute to 30x/minute and Spo2: 95% to 99%.*

**Conclusion :** *The application of the pursed lip breathing technique can reduce shortness of breath and increase oxygen saturation in asthma patients, indicated by improvements in respiratory rate and oxygen saturation. This study is expected to serve as a source of information for healthcare providers and to implement evidence-based pursed lip breathing therapy to address shortness of breath and increased oxygen saturation, especially in asthma patients.*

**Keywords:** *Asthma, Pursed Lip Breathing, Oxygen Saturation.*