

ABSTRAK
EFEKTIVITAS DIAPHRAGMATIC BREATHING EXERCISE
DALAM MANAJEMEN JALAN NAPAS PADA PASIEN
TB PARU DI RUANG IGD RSUP Dr. TADJUDDIN
CHALID MAKASSAR

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Latar Belakang : Tuberkulosis (TB) paru masih menjadi salah satu penyebab utama morbiditas dan mortalitas di Indonesia. Gejala yang paling sering muncul adalah sesak napas, batuk, dan penumpukan sekret yang mengganggu bersihan jalan napas. Salah satu intervensi nonfarmakologis untuk mengatasi gangguan pernapasan tersebut adalah *Diaphragmatic Breathing Exercise* (DBE), yang bertujuan meningkatkan efektivitas ventilasi dan memperbaiki pola napas. **Tujuan :** Mengetahui efektivitas *Diaphragmatic Breathing Exercise* dalam manajemen jalan napas pada pasien TB paru di IGD RSUP Dr. Tadjuddin Chalid Makassar. **Metode :** yang digunakan laporan kasus dengan pendekatan asuhan keperawatan meliputi pengkajian, penegakan diagnosa, perencanaan, implementasi, dan evaluasi. **Hasil :** Setelah dilakukan implementasi, pasien menunjukkan perbaikan berupa frekuensi napas lebih teratur (turun dari 28 x/menit), penggunaan otot bantu napas berkurang, sputum lebih mudah dikeluarkan, wheezing berkurang, serta pasien merasa sesak napas menurun. Hal ini menandakan bahwa latihan DBE efektif membantu meningkatkan bersihan jalan napas dan memperbaiki pola pernapasan pasien TB paru. **Kesimpulan :** *Diaphragmatic Breathing Exercise* terbukti efektif sebagai intervensi nonfarmakologis dalam manajemen jalan napas pada pasien TB paru. Teknik ini dapat dijadikan alternatif terapi pendukung di ruang gawat darurat maupun dalam perawatan lanjutan untuk meningkatkan kualitas hidup pasien.

Kata Kunci: Tuberkulosis paru, manajemen jalan napas, *Diaphragmatic Breathing Exercise* (DBE).

ABSTRAK

THE EFFECTIVENESS OF DIAPHRAGMATIC BREATHING EXERCISE IN AIRWAY MANAGEMENT FOR PULMONARY TUBERCULOSIS PATIENTS IN THE EMERGENCY DEPARTMENT OF Dr. TADJUDDIN CHALID HOSPITAL

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Background: Pulmonary tuberculosis (TB) remains one of the leading causes of morbidity and mortality in Indonesia. The most common symptoms include shortness of breath, cough, and secretion retention that interferes with airway clearance. One of the non-pharmacological interventions to address respiratory problems is Diaphragmatic Breathing Exercise (DBE), which aims to improve ventilation effectiveness and optimize breathing patterns. **Objective:** To determine the effectiveness of Diaphragmatic Breathing Exercise in airway management among pulmonary TB patients in the Emergency Department of Dr. Tadjuddin Chalid Hospital, Makassar. **Method:** A case study was conducted using a nursing care approach, which included assessment, nursing diagnoses, planning, implementation, and evaluation. **Results:** After the implementation, the patient showed significant improvements, including a more regular respiratory rate (decreasing from 28 breaths/min), reduced use of accessory respiratory muscles, easier sputum expectoration, decreased wheezing, and reduced shortness of breath. These outcomes indicate that DBE is effective in enhancing airway clearance and improving breathing patterns in pulmonary TB patients. **Conclusion:** Diaphragmatic Breathing Exercise has proven to be an effective non-pharmacological intervention in airway management for pulmonary TB patients. This technique can be used as a supportive therapy in emergency departments as well as in continued care to improve the quality of life of patients.

Keywords: Pulmonary tuberculosis, airway management, Diaphragmatic Breathing Exercise (DBE).