

ABSTRAK

Penerapan Terapi Non Farmakologi Deep Breathing untuk Meningkatkan Pola Nafas pada Pasien Pneumotoraks di Rs Ibnu Sina Makassar

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Latar Belakang dan Tujuan: Pneumotoraks merupakan kondisi gawat darurat pernapasan akibat masuknya udara ke rongga pleura yang menyebabkan kolaps paru, hambatan ventilasi, dan pola napas tidak efektif. Terapi non-farmakologi seperti deep breathing dapat membantu meningkatkan ventilasi paru, ekspansi alveolar, dan menurunkan sesak napas. Penelitian ini bertujuan mengetahui efektivitas terapi deep breathing dalam meningkatkan pola napas pada pasien pneumotoraks di RS Ibnu Sina Makassar. **Metode:** Penelitian studi kasus dilakukan pada satu pasien dengan diagnosa medis pneumotoraks. Data diperoleh melalui wawancara, observasi, dan pemeriksaan fisik. Intervensi deep breathing diberikan sebanyak 3 sesi, masing-masing 3–4 detik selama perawatan di IGD. **Hasil:** Setelah terapi, frekuensi napas menurun dari 28x/menit menjadi 24x/menit, saturasi oksigen meningkat dari 89% menjadi 91%, penggunaan otot bantu napas berkurang, dan pasien tampak lebih tenang. Namun, peningkatan oksigenasi relatif kecil, sehingga deep breathing perlu dikolaborasikan dengan oksigen tambahan agar efeknya optimal. **Kesimpulan:** Deep breathing efektif sebagai intervensi komplementer untuk memperbaiki pola napas, tetapi tidak dapat menjadi terapi utama. Terapi ini sebaiknya dilakukan bersamaan dengan oksigenasi untuk mendukung perbaikan fisiologis dan kenyamanan pasien.

Kata kunci: *Deep Breathing, Pola Napas Tidak Efektif, Pneumotoraks, Intervensi Keperawatan.*

ABSTRACT

Implementation of Non-Pharmacological Deep Breathing Therapy to Improve Breathing Patterns in Pneumothorax Patients at Ibnu Sina Hospital, Makassar

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Background and Purpose: *Pneumothorax is a respiratory emergency caused by air entering the pleural cavity, causing lung collapse, impaired ventilation, and ineffective breathing patterns. Non-pharmacological therapies such as deep breathing can help improve lung ventilation, alveolar expansion, and reduce shortness of breath. This study aims to determine the effectiveness of deep breathing therapy in improving breathing patterns in pneumothorax patients at Ibnu Sina Hospital, Makassar.* **Methods:** *A case study was conducted on one patient with a medical diagnosis of pneumothorax. Data were obtained through interviews, observations, and physical examinations. Deep breathing intervention was administered in three sessions, each lasting 3–4 seconds, during treatment in the emergency department.* **Results:** *After therapy, respiratory rate decreased from 28 breaths per minute to 24 breaths per minute, oxygen saturation increased from 89% to 91%, use of accessory muscles decreased, and the patient appeared calmer. However, the increase in oxygenation was relatively small, so deep breathing needs to be combined with supplemental oxygen for optimal results.* **Conclusion:** *Deep breathing is effective as a complementary intervention to improve breathing patterns, but it should not be the primary therapy. This therapy should be used in conjunction with oxygenation to support physiological improvement and patient comfort.*

Keywords: *Deep Breathing, Ineffective Breathing Pattern, Pneumothorax, Nursing Intervention*