

ABSTRAK

Husnul Fatimah¹; Rahmat Hidayat²; Fitria³; Haeril⁴

¹Mahasiswa Profesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

²Program Studi Profesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

³Program Studi Ilmu Keperawatan, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

Latar Belakang: Asma bronchial merupakan penyakit inflamasi kronis saluran napas yang sering menimbulkan eksaserbasi akut dengan penurunan saturasi oksigen. Penatalaksanaan di IGD tidak hanya mencakup terapi farmakologis tetapi juga intervensi nonfarmakologis seperti pengaturan posisi tubuh untuk mendukung ventilasi optimal. Posisi semi-Fowler 45° dilaporkan efektif meningkatkan oksigenasi pasien dengan gangguan pernapasan.

Tujuan: Untuk mengetahui pengaruh penerapan posisi semi-Fowler 45° terhadap peningkatan saturasi oksigen (SpO₂) pada pasien asma bronchial di ruang IGD RS Ibnu Sina.

Metode: Studi kasus ini dilakukan pada seorang pasien laki-laki berusia 33 tahun dengan diagnosis medis asma bronchial. Pengkajian komprehensif dilakukan, diagnosis keperawatan ditegakkan, dan intervensi berupa posisi semi-Fowler 45° disertai pemberian oksigen, edukasi teknik napas efektif, serta terapi kolaboratif diberikan. Evaluasi dilakukan setelah 1 × 8 jam perawatan.

Hasil: Setelah penerapan posisi semi-Fowler 45° selama 1 × 8 jam, saturasi oksigen pasien meningkat dari 87 % menjadi 99 %, frekuensi napas menurun dari 30 x/menit menjadi 22 x/menit, penggunaan otot bantu napas berkurang, dan keluhan sesak napas menurun.

Kesimpulan: Penerapan posisi semi-Fowler 45° efektif sebagai intervensi nonfarmakologis dalam meningkatkan saturasi oksigen pada pasien asma bronchial di ruang IGD RS Ibnu Sina. Intervensi sederhana ini dapat dijadikan bagian dari protokol awal penatalaksanaan pasien asma bronchial di IGD.

Kata Kunci: Asma bronchial; IGD, Posisi semi-Fowler 45°; Saturasi oksigen

ABSTRACT

Husnul Fatimah¹; Rahmat Hidayat²; Fitria³; Haeril⁴

¹*Nursing Profession Student, Faculty of Public Health, Muslim University of Indonesia Makassar*

²*Nurse Professional Study Program, Faculty of Public Health, Indonesian Muslim University Makassar*

³*Nursing Study Program, Faculty of Public Health, Indonesian Muslim University Makassar*

Background: *Bronchial asthma is a chronic inflammatory disease of the airways that often causes acute exacerbations with decreased oxygen saturation. Management in the emergency room includes not only pharmacological therapy but also non-pharmacological interventions such as body position regulation to support optimal ventilation. The 45° semi-Fowler position is reported to be effective in improving the oxygenation of patients with respiratory distress.*

Objective: *To determine the effect of the application of the 45° semi-Fowler position on the increase in oxygen saturation (SpO₂) in bronchial asthma patients in the emergency room of Ibnu Sina Hospital.*

Methods: *This case study was conducted on a 33-year-old male patient with a medical diagnosis of bronchial asthma. A comprehensive assessment was conducted, a nursing diagnosis was enforced, and an intervention in the form of a 45° semi-Fowler position accompanied by oxygen administration, effective breathing technique education, and collaborative therapy was provided. Evaluation was carried out after 1 × 8 hours of treatment.*

Results: *After the application of the 45° semi-Fowler position for 1 × 8 hours, the patient's oxygen saturation increased from 87 % to 99 %, the respiratory rate decreased from 30 x/min to 22 x/min, the use of the ventilator muscles decreased, and complaints of shortness of breath decreased.*

Conclusion: *The application of the 45° semi-Fowler position is effective as a nonpharmacological intervention in increasing oxygen saturation in bronchial asthma patients in the emergency room of Ibnu Sina Hospital. This simple intervention can be used as part of the initial protocol for the management of bronchial asthma patients in the emergency room.*

Keywords: *Bronchial asthma; Emergency, Semi-Fowler position 45°; Oxygen saturation*