

## ABSTRAK

### **ANALISIS ASUHAN KEPERAWATAN PADA PASIEN TUBERKULOSIS PARU DENGAN INTERVENSI PURSED LIPS BREATHING DI RUANG UMAR BIN KHATTAB 3 RSUD WELAS ASIH PROVINSI JAWA BARAT**

Riesma Pratiwi Nuril Azmi<sup>1</sup>, Vivop Marti Lengga<sup>2</sup>

<sup>1</sup>Mahasiswa Profesi Ners, Fakultas Keperawatan Universitas Bhakti Kencana Bandung

<sup>2</sup>Dosen Fakultas Keperawatan Universitas Bhakti Kencana Bandung

Tuberkulosis paru merupakan masalah kesehatan global yang masih menjadi tantangan serius dan memerlukan penanganan segera. Gejala yang ditimbulkan diantaranya sesak napas akibat infeksi saluran pernapasan bawah serta akan menyebabkan penurunan saturasi oksigen. Salah satu intervensi keperawatan yang dapat diterapkan untuk mengurangi sesak napas dengan latihan *pursed lips breathing*. Tujuan karya ilmiah ini yaitu untuk menganalisis asuhan keperawatan pada pasien dengan penyakit Tuberkulosis Paru dengan intervensi *pursed lips breathing* di ruang Umar bin Khattab 3 RSUD Welas Asih Provinsi Jawa Barat. Penelitian ini menggunakan pendekatan studi kasus dengan masalah keperawatan pola napas tidak efektif dan pemberian terapi *pursed lips breathing* di ruang Umar bin Khattab 3 RSUD Welas Asih Provinsi Jawa Barat. Intervensi *pursed lips breathing* diberikan kepada pasien dengan durasi 5-15 menit sebanyak dua kali sehari selama 3 hari. Hasil evaluasi hari pertama saturasi oksigen 93%, frekuensi napas 27 kali/menit, dan hari ketiga saturasi oksigen 97%, frekuensi napas 20 kali/menit. *Pursed lips breathing* dapat meningkatkan pergerakan diafragma yang menyebabkan penambahan volume paru dan dengan mekanisme napas dalam membuat otot respirasi bekerja lebih optimal dan akan terjadi penurunan beban kerja otot, serta memanjangkan fase ekshalasi, sehingga residupun akan menurun dan pertukaran gas dapat meningkat. Oleh karena itu, diharapkan intervensi ini dapat diterapkan oleh perawat sebagai salah satu tindakan dalam melakukan asuhan keperawatan secara komprehensif pada pasien dengan Tuberkulosis Paru.

Kata Kunci: Frekuensi Napas, *Pursed Lips Breathing*, Saturasi Oksigen, Tuberkulosis Paru

## **ABSTRACT**

### **ANALYSIS OF NURSING CARE ON PATIENTS WITH PULMONARY TUBERKULOSIS WITH PURSED LIPS BREATHING INTERVENTION IN UMAR BIN KHATTAB ROOM 3 WELAS ASIH REGIONAL HOSPITAL, WEST JAVA PROVINCE**

*Riesma Pratiwi Nuril Azmi<sup>1</sup>, Vivop Marti Lengga<sup>2</sup>*

*<sup>1</sup>Nursing Profession Student, Faculty of Nursing, Bhakti Kencana University Bandung*

*<sup>2</sup>Lecturer, Faculty of Nursing, Bhakti Kencana University Bandung*

*Pulmonary tuberculosis is a global health problem that remains a serious challenge and requires immediate attention. The symptoms include shortness of breath due to lower respiratory tract infections, which can lead to decreased oxygen saturation. One of the nursing interventions that can be applied to relieve shortness of breath is pursed lips breathing exercises. The purpose of this scientific work is to analyze nursing care for patients with pulmonary tuberculosis with the pursed lips breathing intervention in the Umar bin Khattab 3 room at the Welas Asih Provincial Hospital in West Java. This study uses a case study approach with the nursing problem of ineffective breathing pattern and the provision of pursed lips breathing therapy in the Umar bin Khattab 3 room at the Welas Asih Provincial Hospital in West Java. The pursed lips breathing intervention is provided to patients for a duration of 5-15 minutes, twice a day for 3 days. The evaluation results of the first day show an oxygen saturation of 93%, a respiratory rate of 27 breaths per minute, and on the third day, an oxygen saturation of 97%, a respiratory rate of 20 breaths per minute. Pursed lips breathing can enhance diaphragm movement, leading to increased lung volume, and through deep breathing, it makes the respiratory muscles work more optimally, resulting in a decrease in muscle workload, as well as prolonging the exhalation phase, thereby decreasing residual volume and improving gas exchange. Therefore, it is hoped that this intervention can be implemented by nurses as one of the actions in providing comprehensive nursing care for patients with Pulmonary Tuberculosis.*

**Keywords:** *Respiratory Rate, Pursed Lips Breathing, Oxygen Saturation, Pulmonary Tuberculosis*