

**ANALISIS ASUHAN KEPERAWATAN PADA TN. E DENGAN  
GANGGUAN SISTEM PERNAPASAN: ASMA DAN PENERAPAN TERAPI  
*PURSED LIP BREATHING EXERCISE* DI RUANG  
UMAR BIN KHATAB III RSUD AL-IHSAN  
PROVINSI JAWA BARAT**

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**ABSTRAK**

Asma merupakan penyakit peradangan kronik pada saluran napas yang ditandai dengan batuk, mengi, dan sesak dada berulang, terutama pada malam atau menjelang pagi. Salah satu terapi non-farmakologis yang dapat diberikan adalah *pursed lip breathing* untuk membantu mengurangi sesak napas. Penulisan karya ilmiah akhir ners ini bertujuan menganalisis asuhan keperawatan pada Tn. E dengan gangguan sistem pernapasan: asma dan penerapan terapi *pursed lip breathing* di Ruang Umar Bin Khattab 3 RSUD Al-Ihsan Provinsi Jawa Barat. Metode yang digunakan adalah studi kasus pada Tn. E usia 71 tahun yang dirawat dengan diagnosa medis asma. Intervensi berupa latihan *pursed lip breathing* dilakukan selama 10–15 menit dalam 3 hari berturut-turut. Setelah diberikan asuhan keperawatan selama 3×24 jam, hasil evaluasi menunjukkan keluhan sesak napas menurun, tidak terdapat *wheezing*, penggunaan otot bantu napas berkurang, frekuensi napas 23×/menit, saturasi oksigen 96%, dan bunyi napas vesikuler. Dapat disimpulkan bahwa latihan pernapasan *pursed lip breathing* efektif membantu mengurangi sesak napas, memperbaiki pola napas, serta mendukung ventilasi alveoli dan pertukaran gas pada pasien asma. Oleh karena itu, disarankan agar teknik *pursed lip breathing* dapat dipertimbangkan sebagai intervensi nonfarmakologis yang terintegrasi dalam asuhan keperawatan pasien dengan gangguan pernapasan.

Kata Kunci : Asma, Pola nafas tidak efektif, *Pursed lip breathing*  
Daftar Pustaka: Buku (7), Jurnal (11), Disertasi (3)

**NURSING CARE ANALYSIS OF MR. E WITH RESPIRATORY SYSTEM DISORDER:  
ASTHMA AND THE IMPLEMENTATION OF PURSED LIP BREATHING  
EXERCISE IN UMAR BIN KHATTAB III WARD  
RSUD AL-IHSAN WEST JAVA PROVINCE**

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**ABSTRACT**

*Asthma is a chronic inflammatory disease of the respiratory tract characterized by recurrent cough, wheezing, and chest tightness, which often occurs at night or early morning. One of the non-pharmacological therapies that can be applied is pursed lip breathing to help reduce dyspnea. This final nursing scientific paper aims to analyze nursing care for Mr. E with respiratory problems: asthma and the implementation of pursed lip breathing therapy in Umar Bin Khattab 3 Ward, Al-Ihsan Hospital, West Java Province. The method used was a case study on Mr. E, a 71-year-old patient hospitalized with a medical diagnosis of asthma. The intervention was the application of pursed lip breathing exercise for 10–15 minutes over 3 consecutive days. After 3×24 hours of nursing care, the evaluation results showed a decrease in dyspnea complaints, no wheezing, absence of accessory muscle use, respiratory rate 23×/minute, oxygen saturation 96%, and vesicular breath sounds. It can be concluded that pursed lip breathing exercise is effective in reducing shortness of breath, improving breathing patterns, and supporting alveolar ventilation and gas exchange in asthma patients. Therefore, it is suggested that the pursed lip breathing technique can be considered as an integrated non-pharmacological intervention in nursing care for patients with respiratory disorders.*

*Keywords : Asthma, Ineffective Breathing Pattern, Pursed Lip Breathing  
References : Books (7), Journals (12), Dissertations (3)*