ASUHAN KEPERAWATAN PADA PASIEN PENYAKIT PARU OBSTRUKTIF KRONIK (PPOK) DENGAN MASALAH BERSIHAN JALAN NAPAS TIDAK EFEKTIF DI RUANG ANYELIR RSUD MAJALAYA

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ABSTRAK

Latar Belakang: Penyakit Paru Obstruktif Kronik (PPOK) merupakan gangguan paru menahun yang ditandai keterbatasan aliran udara progresif akibat paparan jangka panjang terhadap bahan berbahaya, terutama asap rokok. WHO mencatat sekitar 3,5 juta kematian akibat PPOK pada tahun 2021. Di Indonesia, sekitar 4,8 juta penduduk menderita PPOK dengan prevalensi 5,6%, sedangkan Jawa Barat mencatat angka tertinggi sebesar 11%. Berdasarkan data rekam medis Ruang Anyelir RSUD Majalaya tahun 2025, PPOK menduduki peringkat pertama dari sepuluh besar penyakit terbanyak dengan masalah keperawatan utama berupa bersihan jalan napas tidak efektif. **Tujuan:** Mendeskripsikan asuhan keperawatan pada pasien PPOK dengan masalah bersihan jalan napas tidak efektif serta penerapan teknik *Active Cycle of Breathing Technique* (ACBT) sebagai intervensi nonfarmakologis. **Metode:** Pendekatan deskriptif dengan rancangan studi kasus pada dua pasien PPOK di Ruang Anyelir RSUD Majalaya. Pengambilan data berlangsung 15–17 Desember 2025 melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi rekam medis. **Hasil:** Kedua pasien mengeluhkan batuk disertai sesak napas, ditemukan ronki bilateral, penggunaan otot bantu pernapasan, serta sputum kental sulit dikeluarkan. Diagnosa utama yang ditegakkan adalah bersihan jalan napas tidak efektif. Intervensi mencakup latihan batuk efektif, manajemen jalan napas, nebulisasi Combi Pulmi, NAC, serta penerapan ACBT 2–3 kali per hari selama 10–30 menit. Setelah 2x24 jam perawatan, frekuensi napas menurun menjadi 22x/menit, ronki berkurang, dan pasien mampu mengeluarkan sekret secara mandiri. **Simpulan:** Penerapan ACBT yang dikombinasikan dengan terapi farmakologis terbukti efektif meningkatkan bersihan jalan napas pada pasien PPOK dan layak dijadikan intervensi unggulan berbasis bukti dalam asuhan keperawatan.

Kata Kunci: Asuhan Keperawatan, Bersihan Jalan Napas Tidak Efektif , ACBT, PPOK

NURSING CARE FOR PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) WITH INEFFECTIVE AIRWAY CLEARANCE IN THE ANYELIR WARD OF RSUD MAJALAYA

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ABSTRACT

Background: *Chronic Obstructive Pulmonary Disease (COPD) is a chronic lung disorder characterized by progressive airflow limitation resulting from long-term exposure to harmful substances, particularly cigarette smoke. WHO reported approximately 3.5 million deaths due to COPD in 2021. In Indonesia, around 4.8 million people suffer from COPD with a prevalence of 5.6%, while West Java recorded the highest rate at 11%. Based on medical records from the Anyelir Ward of RSUD Majalaya in 2025, COPD ranked first among the ten most common diseases, with ineffective airway clearance as the primary nursing problem.* ***Objective:*** *To describe nursing care for COPD patients with ineffective airway clearance and the application of the Active Cycle of Breathing Technique (ACBT) as a non-pharmacological intervention.* ***Method:*** *A descriptive approach with a case study design was used, involving two COPD patients in the Anyelir Ward of RSUD Majalaya. Data collection took place from December 15–17, 2025 through interviews, observation, physical examination, and medical record documentation.* ***Results:*** *Both patients complained of cough accompanied by shortness of breath, with findings of bilateral ronchi, use of accessory breathing muscles, and thick sputum that was difficult to expectorate. The primary diagnoses established were ineffective airway clearance. Interventions included effective cough exercises, airway management, Combi Pulmi nebulization, NAC, and ACBT applied 2–3 times per day for 10–30 minutes. After 2x24 hours of care, respiratory rate decreased to 22 breaths per minute, ronchi diminished, and patients were able to expectorate secretions independently.* ***Conclusion:*** *The application of ACBT combined with pharmacological therapy proved effective in improving airway clearance in COPD patients and is worthy of consideration as an evidence-based primary intervention in nursing care.*

Keywords: *ACBT, Airway Clearance Ineffective, COPD, Nursing Care*