

**PENERAPAN *PURSED LIPS BREATHING* DALAM ASUHAN
KEPERAWATAN PADA PASIEN PNEUMONIA DI RUANGAN AGATE
ATAS UOBK RSUD dr.SLAMET**

GARUT

Ania Nur Anisa

221FK06049

Program Studi DIII Keperawatan, Fakultas Keperawatan

Universitas Bhakti Kencana

ABSTRAK

Latar belakang : Pneumonia merupakan salah satu penyakit infeksi saluran pernapasan bawah yang banyak menyebabkan kematian, terutama pada usia lanjut dan individu dengan imunitas rendah. RSUD dr. Slamet Garut mencatat pneumonia sebagai kasus terbanyak pada tahun 2024, khususnya di Ruang Agate Atas. Teknik *pursed lips breathing* (PLB) menjadi salah satu intervensi nonfarmakologis yang terbukti efektif dalam mengatasi gangguan pola nafas dan bersihan jalan nafas tidak efektif. **Tujuan penelitian :** Penelitian ini bertujuan untuk menerapkan teknik *pursed lips breathing* dalam asuhan keperawatan pada pasien pneumonia dan mengevaluasi dampaknya terhadap pola nafas, frekuensi nafas, saturasi oksigen, serta keluhan sesak nafas. **Metode Penelitian :** Penelitian ini menggunakan metode deskriptif studi kasus terhadap dua responden dewasa dengan diagnosa pneumonia di Ruang Agate Atas RSUD dr. Slamet Garut. Data dikumpulkan melalui pengkajian langsung, observasi tanda vital, dan pernapasan teknik PLB selama 3 hari berturut-turut. **Hasil :** Setelah penerapan PLB, kedua responden menunjukkan perbaikan klinis berupa penurunan frekuensi nafas, peningkatan saturasi oksigen, penurunan otot bantu pernapasan, serta pengurangan keluhan sesak. Teknik PLB dapat meningkatkan kemampuan batuk efektif dan mempercepat pengeluaran sputum, sehingga masalah teratasi sebagian. Pada pasien 1 mengalami penurunan RR 20x/menit dan pasien 2 mengalami penurunan RR 19x/menit. **Kesimpulan :** Penerapan *Pursed Lips Breathing* terbukti efektif dalam meningkatkan pola nafas dan bersihan jalan nafas pada pasien pneumonia. Teknik ini dapat menjadi intervensi mandiri yang sederhana, aman, dan bermanfaat dalam praktik keperawatan. **Saran :** perawat diharapkan mengintegrasikan teknik PLB dalam asuhan keperawatan pada pasien pneumonia, serta memberikan edukasi kepada pasien dan keluarga mengenai manfaat dan cara melakukan teknik PLB.

Kata kunci : Pneumonia, Pola nafas tidak efektif, *Pursed Lips Breathing*

Referensi : Buku 4 (2007-2024) , 2 media, 8 Jurnal

**IMPLEMENTATION OF PURSED LIPS BREATHING IN NURSING CARE FOR
PNEUMONIA PATIENTS IN THE UPPER AGATE WARD OF UOBK, Dr. SLAMET
GENERAL HOSPITAL
GARUT**

Ania Nur Anisa

221FK06049

Diploma III Nursing Study Program, Faculty of Nursing

Bhakti Kencana University

ABSTRACT

Introduction : Pneumonia is a lower respiratory tract infection that causes many deaths, especially in the elderly and individuals with low immunity. Dr. Slamet Garut Regional General Hospital recorded pneumonia as the most common case in 2024, particularly in the Upper Agate Ward. The pursed lips breathing (PLB) technique is a non-pharmacological intervention proven effective in addressing breathing pattern disorders and ineffective airway clearance. **Objective:** This study aims to apply the pursed lips breathing technique in nursing care for pneumonia patients and evaluate its impact on breathing patterns, respiratory frequency, oxygen saturation, and respiratory complaints. **Method :** This study used a descriptive case study method on two adult respondents diagnosed with pneumonia in the Upper Agate Ward of Dr. Slamet Garut Regional Hospital. Data were collected through direct assessment, vital sign observation, and PLB breathing techniques for three consecutive days. **Results :** After implementing PLB, both respondents showed clinical improvement in the form of decreased respiratory rate, increased oxygen saturation, decreased respiratory accessory muscle activity, and reduced shortness of breath. The PLB technique can improve effective coughing and accelerate sputum excretion, so the problem was partially resolved. Patient 1 experienced a decrease in RR of 20x/minute and patient 2 experienced a decrease in RR of 19x/minute. **Conclusion :** Pursed Lips Breathing has been shown to be effective in improving breathing patterns and airway clearance in patients with pneumonia. This technique can be a simple, safe, and beneficial independent intervention in nursing practice. **Suggestion :** Nurses are expected to integrate PLB techniques into nursing care for pneumonia patients, as well as provide education to patients and families regarding the benefits and how to perform PLB techniques.

Keyword : ineffective breathing pattern, Pneumonia, Pursed Lips Breathing.

References : 4 Books (2007- 2024), 8 Journals, 2 media.