ASUHAN KEPERAWATAN PADA PASIEN EFUSI PLEURA MELALUI PENERAPAN TEKNIK *DIAPHRAGMATIC BREATHING EXERCISE* DI IGD UOBK RSUD dr. SLAMET GARUT TAHUN 2026

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ABSTRAK

Efusi pleura merupakan kondisi penumpukan cairan di rongga pleura yang dapat menyebabkan gangguan ventilasi paru sehingga menimbulkan sesak napas, penurunan saturasi oksigen, dan pola napas tidak efektif. Salah satu intervensi nonfarmakologis yang dapat diberikan adalah *Diaphragmatic Breathing Exercise*. Penelitian ini bertujuan melaksanakan asuhan keperawatan pada pasien efusi pleura melalui penerapan *Diaphragmatic Breathing Exercise* di UOBK RSUD dr. Slamet Garut Tahun 2026. Metode yang digunakan adalah studi kasus deskriptif kualitatif pada dua responden melalui tahapan pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Hasil pengkajian menunjukkan kedua responden mengalami sesak napas, peningkatan frekuensi napas, penggunaan otot bantu napas, penurunan saturasi oksigen, serta efusi pleura bilateral berdasarkan pemeriksaan radiologi. Diagnosis keperawatan utama pada kedua responden adalah pola napas tidak efektif. Implementasi meliputi pemantauan status respirasi, terapi oksigen, posisi *semi-Fowler*, edukasi, dan penerapan *Diaphragmatic Breathing Exercise* secara bertahap sesuai kondisi pasien. Pada responden pertama, frekuensi napas menurun dari 24 menjadi 20 kali/menit dan saturasi oksigen meningkat dari 89% menjadi 93%. Pada responden kedua, frekuensi napas menjadi 22 kali/menit dan saturasi oksigen meningkat menjadi 95% dengan oksigen nasal kanul 4 L/menit. Evaluasi menunjukkan sesak napas dan penggunaan otot bantu napas berkurang. Masalah pola napas tidak efektif pada kedua responden teratasi sebagian. Disarankan perawat menerapkan *Diaphragmatic Breathing Exercise* dengan memperhatikan kondisi dan toleransi pasien serta melakukan pemantauan respirasi secara berkelanjutan.

Kata kunci: asuhan keperawatan, *Diaphragmatic Breathing Exercise*, efusi pleura, pola napas tidak efektif.

NURSING CARE FOR PATIENTS WITH PLEURAL EFFUSION THROUGH THE APPLICATION OF DIAPHRAGMATIC BREATHING EXERCISE TECHNIQUE IN THE EMERGENCY DEPARTMENT OF UOBK DR. SLAMET GARUT REGIONAL GENERAL HOSPITAL IN 2026

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ABSTRACT

Pleural effusion is a condition characterized by the accumulation of fluid in the pleural cavity, which can impair pulmonary ventilation and cause dyspnea, decreased oxygen saturation, and ineffective breathing patterns. One non-pharmacological intervention that can be provided is Diaphragmatic Breathing Exercise. This study aimed to provide nursing care for patients with pleural effusion through the application of Diaphragmatic Breathing Exercise at UOBK dr. Slamet Garut Regional Hospital in 2026. The method used was a qualitative descriptive case study involving two respondents through the stages of assessment, nursing diagnosis, planning, implementation, and evaluation. The assessment results showed that both respondents experienced dyspnea, increased respiratory rate, use of accessory respiratory muscles, decreased oxygen saturation, and bilateral pleural effusion based on radiological examination. The primary nursing diagnosis for both respondents was ineffective breathing pattern. Implementation included respiratory status monitoring, oxygen therapy, semi-Fowler positioning, education, and gradual application of Diaphragmatic Breathing Exercise according to the patients' conditions. In the first respondent, respiratory rate decreased from 24 to 20 breaths/minute and oxygen saturation increased from 89% to 93%. In the second respondent, respiratory rate decreased to 22 breaths/minute and oxygen saturation increased to 95% with oxygen administered via nasal cannula at 4 L/minute. Evaluation showed decreased dyspnea and reduced use of accessory respiratory muscles. The problem of ineffective breathing pattern was partially resolved in both respondents. Nurses are recommended to apply Diaphragmatic Breathing Exercise while considering patients' conditions and tolerance and continuously monitoring respiratory status.

Keywords: *nursing care, Diaphragmatic Breathing Exercise, pleural effusion, ineffective breathing pattern.*