

ANALISIS ASUHAN KEPERAWATAN PADA PASIEN ASMA DAN INTERVENSI PEMBERIAN SENAM ASMA DI WILAYAH KERJA PUSKESMAS CINAMBO KOTA BANDUNG

Sinta Faujiah Astuti, S.Kep¹ Lia Nurlianawati, S.Kep., Ners., M.Kep²

¹Mahasiswa Profesi Ners, Fakultas Keperawatan Universitas Bhakti Kencana

²Dosen, Fakultas Keperawatan Universitas Bhakti Kencana

Asma merupakan gangguan inflamasi kronik pada saluran nafas yang menimbulkan episode berulang dari mengi (*wheezing*), sesak nafas, dada terasa berat dan batuk terutama pada malam dan pagi dini hari. Menurut data World Health Organization (WHO) tahun (2020) Diperkirakan lebih dari 339 juta orang menderita asma. Asma kurang terdiagnosis dan kurang dirawat dapat menciptakan beban besar bagi individu dan keluarga dan sering kali membatasi aktivitas individu seumur hidup. Tindakan keperawatan yang akan di lakukan dalam merawat pasien asma ialah melakukan promosi kesehatan tentang inhalasi sederhana, teknik relaksasi, teknik Pernafasan Buteyko, senam asma, dan latihan batuk efektif yang dapat mengurangi gejala sesak nafas. Pemberian Senam Asma dapat menjadi salah satu pengobatan alternatif non-farmakologi yang dapat dilakukan untuk memperkuat otot-otot pernafasan. dengan melakukan senam asma secara rutin dan teratur dapat meningkatkan kekuatan otot-otot pernapasan dan akan mengurangi frekwensi kekambuhan. Tujuan penulisan ini adalah untuk menganalisis asuhan keperawatan keluarga secara komprehensif pada keluarga dengan Asma. Metode yang digunakan dalam penelitian ini yaitu studi kasus pada kasus kelolaan keluarga yang mengalami Asma. Pada hasil pengkajian didapatkan diagnosa masalah perilaku kesehatan cenderung beresiko dan kesiapan peningkatan proses keluarga, Intervensi yang dilakukan yaitu melakukan edukasi terkait pencegahan kekambuhan penyakit asma dan melatih melakukan senam asma. Pada saat sebelum dilakukan implementasi frekuensi pernafasan klien yaitu 25x/m dan setelah dilakukan implementasi dengan senam asma selama 15 menit frekuensi pernafasan klien menjadi normal yaitu 22x/m. pada hasil evaluasi didapatkan frekuensi pernafasan klien menurun dan klien beserta keluarga mampu melakukan senam asma. Diharapkan keluarga klien dapat terus mendukung klien untuk rutin melakukan senam asma.

Kata Kunci : Asma, Otot-Otot Pernafasan, Senam Asma.

Daftar Pustaka : 3 Buku (2014-2021)

13 Jurnal (2015-2023)

**ANALYSIS OF NURSING CARE FOR ASTHMA PATIENTS AND
INTERVENTIONS PROVIDING ASTHMA EXERCISES IN WORK
AREACINAMBO HEALTH CENTER, BANDUNG CITY**

Sinta Faujiah Astuti, S.Kep¹ Lia Nurlianawati, S.Kep., Ners., M.Kep²

¹Nursing Professional Student, Faculty of Nursing, Bhakti Kencana University

²Lecturer, Faculty of Nursing, Bhakti Kencana University

Asthma is a chronic inflammatory disorder of the airways that causes repeated episodes of wheezing, shortness of breath, chest tightness and coughing, especially at night and early in the morning. According to data from the World Health Organization (WHO) in 2020, it is estimated that more than 339 million people suffer from asthma. Underdiagnosed and undertreated asthma can create a huge burden for individuals and families and often limits an individual's lifelong activities. Nursing actions that will be taken in caring for asthma patients are health promotion regarding simple inhalation, relaxation techniques, Buteyko breathing techniques, asthma exercises, and effective coughing exercises that can reduce symptoms of shortness of breath. Providing Asthma Exercises can be an alternative non-pharmacological treatment that can be done to strengthen the respiratory muscles. By doing asthma exercises regularly and regularly, you can increase the strength of your respiratory muscles and reduce the frequency of recurrence. The purpose of this writing is to comprehensively analyze family nursing care for families with asthma. The method used in this research is a case study on cases of family management with asthma. From the results of the study, it was found that the diagnosis of health behavior problems tended to be risky and readiness to improve family processes. The intervention carried out was providing education related to preventing asthma recurrence and training in doing asthma exercises. Before implementation, the client's respiratory frequency was 25x/m and after implementation with asthma exercises for 15 minutes, the client's respiratory frequency became normal, namely 22x/m. The evaluation results showed that the client's respiratory frequency had decreased and the client and family were able to do asthma exercises. It is hoped that the client's family can continue to support the client in regularly doing asthma exercises.

Keywords : Asthma, respiratory muscles, asthma exercises.

References : 3 Books (2014-2021)
13 Journal (2015-2023)