

REVIEW LITERATUR

PENERAPAN BATUK EFEKTIF PASCA NEBULASI PADA PASIEN ASMA BRONKHIAL DENGAN KETIDAKEFEKTIFAN BERSIHAN JALAN NAFAS DI RUANG PENYAKIT DALAM

Wahyu Vika Febriyani¹, Abdul Majid², Rosa Delima Ekwantini³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: vikafebriyani99@gmail.com @[poltekkesjogja.ac.id](mailto:@poltekkesjogja.ac.id)

ABSTRAK

Latar belakang: Batuk efektif dapat membantu pasien asma bronkhial dalam membersihkan jalan nafas akibat penumpukan sekret. Nebulasi atau nebulizer dapat membantu melonggarkan jalan nafas pasien dan mengencerkan sekret. Ketidakefektifan bersihan jalan nafas dapat ditangani dengan batuk efektif supaya jalan nafas kembali efektif. **Tujuan:** Mengetahui penerapan batuk efektif pasca nebulasi pada pasien asma bronkhial dengan ketidakefektifan bersihan jalan nafas. **Metodologi:** Pencarian artikel menggunakan *Google Scholar*, *PubMed*, dan Portal Garuda melalui beberapa kata kunci dan sesuai dengan kriteria inklusi. **Hasil:** Penerapan batuk efektif dapat dilakukan pada pasien asma bronkhial dengan masalah ketidakefektifan bersihan jalan nafas. Batuk efektif dilakukan setelah pemberian terapi nebulizer. Batuk efektif dilakukan 2 sampai 3 kali dalam sehari. Respon pasien dapat diketahui melalui pemeriksaan fisik. Hasil suara ronchi berkurang dan hanya terdengar pada dada sebelah kanan. Nebulizer, infrared dan terapi latihan dapat memperbaiki *respiratory rate* dan sesak nafas. Fisioterapi dan bantuan batuk dapat meningkatkan fungsi parameter paru. Sputum yang dikeluarkan melalui batuk efektif pada pagi hari rata-rata sebanyak 4- < 6 ml dan siang hari 2- < 3 ml. Frekuensi pernafasan sebelum batuk efektif 28.70 - 31.30 dan setelah dilakukan tindakan sebesar 25.18 – 28.92. Uji *Wilcoxon* dengan nilai signifikansi < 0,05 menunjukkan pengaruh pada bersihan jalan nafas anak ISPA. Uji *Chi Square* diperoleh $p = 0,021 < 0,05$ menunjukkan ada pengaruh batuk efektif terhadap pengeluaran sputum. Uji *Mc Nemar* diperoleh $p = 0,006 (p < 0,05)$ menunjukkan ada pengaruh nafas antara nafas dalam dan batuk efektif terhadap bersihan jalan nafas pada pasien Tuberkulosis. **Kesimpulan:** Penerapan batuk efektif terbukti berpengaruh dan efektif untuk menangani pasien dengan ketidakefektifan bersihan jalan nafas khususnya asma bronkhial. Perlu adanya penelitian lanjutan. **Saran:** Bagi bidang keperawatan dapat menggunakan intervensi batuk efektif pada pasien asma bronkhial dengan ketidakefektifan bersihan jalan nafas. Bagi peneliti selanjutnya dapat menerapkan batuk efektif pada pasien asma bronkhial.

Kata Kunci: Batuk efektif, nebulasi, asma bronkhial, ketidakefektifan bersihan jalan nafas

LITERATURE REVIEW

APPLICATION OF EFFECTIVE COUGH AFTER NEBULATION IN BRONCHIAL ASTHMA PATIENTS WITH AN INEFFECTIVE AIRWAYS CLEARANCE IN THE INTERNAL DISEASE ROOM

ABSTRACT

Background: An effective cough can help bronchial asthma patients in cleansing the airway due to a buildup of secretions. Nebulation or nebulizer can help loosen the patient's airway and thin the secretions. The ineffectiveness of the airway clearance can be dealt with effectively by coughing so that the airway is effective again. **Objective:** To find out the effective application of cough after nebulation in bronchial asthma patients with the ineffectiveness of airway clearance. **Methodology:** Search for articles using *Google Scholar*, *PubMed*, and Garuda Portal through several keywords and according to inclusion criteria. **Results:** The application of effective cough can be done in bronchial asthma patients with the problem ineffectiveness of airway clearance. Effective coughing is done after nebulizer therapy. Effective coughing is done 2 to 3 times a day. Patient responses can be determined through physical examination. The ronkhi sound results are reduced and just heard on the right chest. Nebulizer, infrared and exercise therapy can improve respiratory rate and shortness of breath. Physiotherapy and cough assist can improve the function of lung parameters. Sputum released through effective coughing in the morning on average by 4- <6 ml and during the day 2- <3 ml. The frequency of breathing before effective coughing is 28.70 - 31.30 and after the action is 25.18 - 28.92. *Wilcoxon* test with a significance value <0.05 shows the effect on the airway clearance of ISPA children. *Chi Square* test obtained $p = 0.021 < 0.05$, showed that there was an effect of effective cough on sputum removal. *Mc Nemar* test obtained $p = 0.006 (p < 0.05)$ showed that there was an effect between deep breathing and effective coughing on airway clearance in Tuberculosis patients. **Conclusion:** The application of an effective cough has proven to be influential and effective in dealing with patients with ineffective airway clearance, especially bronchial asthma. The results of the study need further research. **Suggestion:** For nursing, nurses can use effective cough interventions in bronchial asthma patients with ineffective airway clearance. For further researchers can apply an effective cough in bronchial asthma patients.

Keywords: Effective cough, nebulation, bronchial asthma, ineffective airway clearance