

LITERATURE REVIEW

PREVENTION OF VENTILATOR ASSOCIATED PNEUMONIA WITH VENTILATOR BUNDLE IN PATIENTS ON MECHANICAL VENTILATION

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Background: Ventilator-Associated Pneumonia (VAP) is a nosocomial infection that often occurs in the intensive care unit (ICU) as a complication of invasive mechanical ventilation. The risk factors for VAP are prolonged use of a ventilator, chronic lung disease, sepsis, neurological disorders, trauma, use of antibiotics and red blood cell transfusions. Mortality ranges from 20-50% and >70% when infection is caused by multiresistant invasive pathogens. VAP Bundle Care is proven to reduce VAP. VAP Bundle Care aims to prevent the occurrence of VAP which is focused on efforts to reduce bacterial colonization in the oropharynx and tracheobronchial tract. **Objective:** to review the ventilator bundle in an effort to prevent VAP. **Methodology:** The research was conducted by using Pubmed, Proquest, Google Schollar, and Portal Garuda to find the journal articles which are appropriate with inclusion and exclusion criteria to be reviewed. **Result:** Based on the results of a review of 20 journals, it was found that the average patient who did breathing exercise could experience a decrease in fatigue levels. **Conclusion:** that ventilator-associated pneumonia can be prevented by intervention of the VAP bundle.

Key words : ventilator associated pneumonia, ventilator bundle, ventilator mekanik

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LITERATURE REVIEW

PENCEGAHAN *VENTILATOR ASSOCIATED PNEUMONIA* DENGAN *VENTILATOR BUNDLE* PADA PASIEN DENGAN VENTILATOR MEKANIK

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Latar Belakang: *Ventilator-associated pneumonia* (VAP) merupakan infeksi nosokomial yang sering terjadi di ruang perawatan intensif (ICU) sebagai komplikasi pemberian ventilasi mekanis invasif. Faktor risiko VAP yaitu lama penggunaan ventilator, penyakit paru kronik, sepsis, gangguan neurologi, trauma, penggunaan antibiotik dan transfusi sel darah merah. Mortalitasnya berkisar antara 20-50% dan >70% bila infeksi disebabkan oleh patogen invasif multiresisten. *VAP Bundle Care* terbukti dapat mengurangi VAP. *VAP Bundle Care* bertujuan untuk mencegah terjadinya VAP yang difokuskan pada usaha menurunkan kolonisasi bakteri di orofaring dan saluran trakeobronkial. **Tujuan:** untuk melakukan review ventilator bundle dalam upaya pencegahan VAP. **Metodologi:** Penelusuran artikel menggunakan data base penelitian keperawatan dan kesehatan yaitu Pubmed, Proquest, Google Scholar, dan Portal Garuda untuk menemukan artikel sesuai kriteria inklusi dan eksklusi kemudian dilakukan review. **Hasil:** berdasarkan hasil telaah dari 10 jurnal maka didapatkan bahwa ventilator bundle efektif dalam upaya pencegahan VAP dan terjadi penurunan angka VAP setelah dilakukan intervensi VAP bundle. **Kesimpulan:** bahwa ventilator associated pneumonia bisa dicegah dengan intervensi VAP bundle.

Kata kunci: *ventilator associated pneumonia*, *ventilator bundle*, ventilator mekanik

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