

## **REPORT OF NURSING CARE IN Mr. N WITH BRONCHIAL ASTHMA IN ROOM ALAMANDA 1 RSUD SLEMAN YOGYAKARTA**

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### **ABSTRACT**

**Background:** Asthma is a lung condition that causes difficulty in breathing. Asthma is caused by swelling and narrowing of the passageways that carry air to and from the lungs. The Global Asthma Network (GAN) predicts that in 2025 there will be an increase in the asthma population by 400 million and there will be 250,000 deaths due to asthma. The prevalence of asthma in 2018 in Indonesia was 2.4%. The results of a preliminary study at the Sleman Hospital in the last one year found the number of cases with asthma that were admitted to the hospital, especially in the Alamanda 1 room, amounted to 45 cases. **Objective:** to gain real experience in carrying out nursing care in patients with a diagnosis of bronchial asthma using the nursing process method based on Evidence Based Practice . **Methods:** This report uses a descriptive method or a description of a case in one patient who was treated at RSUD Sleman Yogyakarta. **Results:** The nursing assessment was found to be in accordance with the theory where the patient complained of shortness of breath, cough, difficult to expel phlegm. The authors found no increase in blood eosinophils. In the implementation of nursing diagnoses, there are three diagnoses, namely ineffective airway clearance, activity intolerance, and knowledge deficit about asthma. The interventions and implementations provided include teaching effective coughing techniques, health education, and drug therapy collaboration. The final evaluation found that all nursing problems were resolved, as evidenced by all of the outcome criteria being met. **Conclusion:** Effective cough technique can make it easier for patients to expel phlegm without wasting too much energy. Health education can increase the knowledge and behavior of patients in accordance with the recommendations.

**Keywords :** Nursing care, bronchial asthma

**LAPORAN ASUHAN KEPERAWATAN PADA TN. N DENGAN ASMA  
BRONKHIAL DI RUANG ALAMANDA 1  
RSUD SLEMAN YOGYAKARTA**

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**ABSTRAK**

**Latar Belakang:** Asma adalah kondisi paru-paru yang menyebabkan kesulitan bernapas. Asma disebabkan oleh pembengkakan dan penyempitan saluran yang membawa udara ke dan dari paru-paru. *Global Asthma Network (GAN)* memprediksikan pada tahun 2025 akan terjadi kenaikan populasi asma sebanyak 400 juta dan terdapat 250 ribu kematian akibat asma. Prevalensi asma tahun 2018 di Indonesia sebesar 2.4%. Hasil studi pendahuluan di RSUD Sleman dalam kurun waktu satu tahun terakhir di dapatkan jumlah kasus dengan asma yang masuk di rumah sakit khususnya diruangan Alamanda 1 berjumlah 45 kasus. **Tujuan:** untuk memperoleh pengalaman nyata dalam melaksanakan asuhan keperawatan pada pasien dengan diagnosa Asma Bronkhial menggunakan metode proses keperawatan berdasarkan *Evidence Based Practice*. **Metode:** Laporan ini menggunakan metode deskriptif atau gambaran suatu kasus pada satu pasien yang dirawat di RSUD Sleman Yogyakarta. **Hasil:** Pengkajian keperawatan ditemukan sesuai dengan teori dimana pasien mengeluh sesak, batuk, dahak sulit dikeluarkan. Penulis tidak menemukan adanya peningkatan eosinofil darah. Pada penegakkan diagnosa keperawatan terdapat tiga diagnosa yaitu bersihan jalan napas tidak efektif, intoleransi aktivitas, defisit pengetahuan tentang asma. Intervensi dan implementasi yang diberikan diantaranya mengajarkan teknik batuk efektif, edukasi kesehatan, serta kolaborasi terapi obat. Evaluasi akhir didapatkan semua masalah keperawatan teratasi dibuktikan dengan semua kriteria hasil tercapai. **Kesimpulan:** Teknik batuk efektif mampu memudahkan pasien dalam mengeluarkan dahak tanpa membuang terlalu banyak energi. Edukasi kesehatan dapat meningkatkan pengetahuan dan perilaku pasien yang sesuai dengan anjuran.

**Kata kunci:** Asuhan keperawatan, Asma Bronkhial