

THE IMPLEMENTATION OF CHEST PHYSIOTHERAPY TO OVERCOME THE PROBLEM OF AIRWAY CLEANING NURSING IS NOT EFFECTIVE IN COPD PATIENTS AT WATES HOSPITAL

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ABSTRACT

Background: Chronic Obstructive Pulmonary Disease (COPD) is a disease characterized by progressive airflow limitations and is interrelated with an increased chronic inflammatory response in the airways and lungs. The main complaints are shortness of breath and cough but sputum is difficult to explain. So that it is buried causing airway cleaning to be ineffective. One of the alternative solutions to overcome these actions is to carry out chest physiotherapy.

Objective: The purpose of this study is to determine the response after the implementation of chest physiotherapy to overcome the problem of ineffective airway cleaning nursing in COPD patients.

Method: This study uses a descriptive case study method. The subjects in the case study were two COPD patients. Data collection is carried out by means of interviews, observations, physical examinations and document studies.

Results: The study showed that after the implementation of chest physiotherapy for three days, there was a development of the responses of the two patients, including; The patient may expel sputum, complaints of tightness decrease, additional wheezing/creakles/ronki sounds decrease, breathing frequency and breathing patterns improve, phlegm is diluted, and can discharge spontaneously.

Conclusion: The implementation of chest physiotherapy in patients (COPD) can increase the effectiveness of airway clearance status.

Keywords: Chest Physiotherapy, Airway Clearance, Chronic Obstructive Pulmonary Disease (COPD)

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IMPLEMENTASI FISIOTERAPI DADA UNTUK MENGATASI MASALAH KEPERAWATAN BERSIHAN JALAN NAPAS TIDAK EFEKTIF PADA PASIEN PPOK DI RSUD WATES

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INTISARI

Latar belakang : Penyakit Paru Obstruktif Kronis (PPOK) adalah penyakit ditandai dengan keterbatasan aliran udara progresif dan saling berhubungan dengan peningkatan respon inflamasi kronik pada saluran napas dan paru. Keluhan utama yaitu sesak napas dan batuk namun dahak sulit dikeluarkan. Sehingga tertimbun menyebabkan bersihan jalan napas tidak efektif. Alternatif penyelesaian untuk mengatasi tindakan tersebut salah satunya adalah dilakukan fisioterapi dada.

Tujuan : Tujuan penelitian ini, untuk mengetahui respon setelah dilakukan implementasi fisioterapi dada untuk mengatasi masalah keperawatan bersihan jalan napas tidak efektif pada pasien PPOK.

Metode : Penelitian ini menggunakan metode studi kasus deskriptif. Subjek dalam studi kasus adalah dua pasien PPOK. Pengumpulan data dilakukan dengan cara wawancara, observasi, pemeriksaan fisik dan studi dokumen,

Hasil : Penelitian menunjukkan bahwa setelah dilakukan implementasi fisioterapi dada selama tiga hari, terdapat perkembangan dari respond kedua pasien diantaranya; pasien dapat mengeluarkan sputum, keluhan sesak menurun, suara tambahan wheezing/creakles/ronki menurun, frekuensi napas dan pola napas membaik, dahak encer, dan dapat keluar spontan.

Kesimpulan : Implementasi fisioterapi dada pada pasien (PPOK) dapat meningkatkan efektifitas status bersihan jalan napas.

Kata kunci : Fisioterapi Dada, Bersihan Jalan Napas, Penyakit Paru Obstruktif Kronis(PPOK)

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