

PENERAPAN *BALLOON BLOWING EXERCISE* UNTUK MENINGKATKAN
POLA NAPAS PADA PASIEN DENGAN PENYAKIT PARU OBSTRUKTIF
KRONIS (PPOK) DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang: Penyakit Paru Obstruktif Kronis (PPOK) merupakan penyakit paru kronis yang ditandai dengan hambatan aliran udara sehingga menyebabkan gangguan pola napas dan penurunan kenyamanan respirasi. Salah satu intervensi nonfarmakologis yang dapat diberikan untuk membantu memperbaiki pola napas pada pasien PPOK adalah *Balloon Blowing Exercise* (BBE).

Tujuan: Penelitian ini bertujuan untuk menggambarkan penerapan *Balloon Blowing Exercise* pada pasien PPOK dengan masalah keperawatan pola napas tidak efektif di Ruang Bima RSUD Panembahan Senopati Bantul.

Metode: Penelitian ini menggunakan metode studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi keperawatan. Subjek penelitian terdiri dari dua pasien dewasa dengan PPOK yang mengalami pola napas tidak efektif. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Intervensi *Balloon Blowing Exercise* dilakukan selama tiga hari berturut-turut sebanyak 3 set latihan setiap hari.

Hasil: Hasil studi menunjukkan adanya perbaikan status respirasi pada kedua responden yang ditandai dengan penurunan frekuensi napas, berkurangnya penggunaan otot bantu napas, pola napas menjadi lebih teratur, serta peningkatan kenyamanan bernapas. Frekuensi napas pada pasien pertama menurun dari 23 kali/menit menjadi 20 kali/menit dan pada pasien kedua dari 24 kali/menit menjadi 20 kali/menit.

Kesimpulan: *Balloon Blowing Exercise* dapat membantu meningkatkan efektivitas pola napas dan kenyamanan respirasi pada pasien PPOK.

Kata kunci: PPOK, pola napas tidak efektif, *Balloon Blowing Exercise*

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*APPLICATION OF BALLOON BLOWING EXERCISE TO IMPROVE
BREATHING PATTERNS IN PATIENTS WITH CHRONIC OBSTRUCTIVE
PULMONARY DISEASE (COPD) AT PANEMBAHAN SENOPATI BANTUL
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ABSTRACT

Background: Chronic Obstructive Pulmonary Disease (COPD) is a chronic lung disease characterized by airflow limitation that causes ineffective breathing patterns and decreased respiratory comfort. Balloon Blowing Exercise (BBE) is a non-pharmacological intervention used to improve breathing patterns in COPD patients.

Objective: This study aimed to describe the implementation of Balloon Blowing Exercise in COPD patients with ineffective breathing patterns in Bima Ward, Panembahan Senopati Bantul Regional General Hospital.

Methods: This study used a descriptive case study design with a nursing process approach including assessment, diagnosis, intervention, implementation, and evaluation. The subjects were two adult COPD patients with ineffective breathing patterns. Data were collected through interviews, observation, physical examination, and documentation studies. Balloon Blowing Exercise was performed for three consecutive days with three sets of exercises each day.

Results: The results showed improvement in respiratory status in both respondents, indicated by decreased respiratory rate, reduced use of accessory muscles, more regular breathing patterns, and improved breathing comfort. The respiratory rate of the first patient decreased from 23 to 20 breaths/minute, while the second patient decreased from 24 to 20 breaths/minute.

Conclusion: Balloon Blowing Exercise can improve breathing pattern effectiveness and respiratory comfort in COPD patients.

Keywords: COPD, ineffective breathing pattern, Balloon Blowing Exercise

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