

**PENERAPAN PURSED LIP-BREATHING WITH BLOWING BALLOON
EXERCISE PADA PASIEN CONGESTIVE HEART FAILURE DENGAN
MASALAH KEPERAWATAN POLA NAFAS TIDAK EFEKTIF DI
RUANG KESAWAMURTI RSUP dr. SARDJITO**

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ABSTRAK

Latar Belakang : Gagal jantung merupakan penyebab utama mortalitas global dengan dyspnea sebagai keluhan tersering akibat kongesti paru. Intervensi keperawatan di Ruang Kesawamurti RSUP Dr. Sardjito masih terbatas pada pemberian oksigenasi dan pengaturan posisi, sehingga diperlukan intervensi nonfarmakologis berbasis bukti untuk mengoptimalkan penanganan sesak napas.

Tujuan : Menggambarkan penerapan *pursed lip-breathing with blowing balloon exercise* dalam mengurangi dyspnea pada pasien gagal jantung di Ruang Kesawamurti RSUP Dr. Sardjito.

Metode : Studi kasus dengan dua subjek pasien *congestive heart failure* yang mengalami pola napas tidak efektif. Intervensi dilakukan selama 3×24 jam dengan 10–15 repetisi per sesi. Pengukuran menggunakan *modified borg scale*, pulse oximeter, dan frekuensi napas.

Hasil : Kedua pasien menunjukkan peningkatan saturasi dan penurunan skala *dyspnea*. Kasus pertama mengalami penurunan skala sesak napas dari 4 menjadi 2, frekuensi napas dari 22 menjadi 20 kali/menit, dan saturasi dari 92% menjadi 98%. Kasus kedua menunjukkan penurunan skala sesak napas dari 4 menjadi 3, frekuensi napas dari 17 menjadi 21 kali/menit, dan saturasi dari 91% menjadi 98%.

Kesimpulan : *Pursed lip-breathing with blowing balloon exercise* menunjukkan penurunan derajat dyspnea dan peningkatan saturasi oksigen.

Kata Kunci : *pursed lip-breathing, blowing balloon exercise*, pola napas tidak efektif, gangguan oksigenasi, gagal jantung.

**APPLICATION OF PURSED LIP-BREATHING WITH BLOWING
BALLOON EXERCISE IN CONGESTIVE HEART FAILURE
PATIENTS WITH INEFFECTIVE BREATHING PATTERN
NURSING PROBLEM IN KESAWAMURTI WARD, DR. SARDJITO
GENERAL HOSPITAL**

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ABSTRACT

Background : *Heart failure is a leading cause of global mortality, with dyspnea being the most common complaint resulting from pulmonary congestion. Nursing interventions at Kesawamurti Ward, Dr. Sardjito General Hospital remain limited to oxygen therapy and positioning, highlighting the need for evidence-based non-pharmacological interventions to optimize dyspnea management..*

Objective : *To describe the application of pursed lip-breathing with blowing balloon exercise in reducing dyspnea among heart failure patients at Kesawamurti Ward, Dr. Sardjito General Hospital.*

Methods : *A case study design involving two congestive heart failure patients with ineffective breathing patterns. The intervention was conducted over 3×24 hours with 10–15 repetitions per session. Outcomes were measured using the Modified Borg Scale, pulse oximetry, and respiratory rate*

Results : *Both patients demonstrated clinically significant improvement. The first case showed a decrease in dyspnea scale from 4 to 2, respiratory rate from 22 to 20 breaths/minute, and oxygen saturation from 92% to 98%. The second case showed a reduction in dyspnea scale from 4 to 3, respiratory rate from 17 to 21 breaths/minute, and saturation from 91% to 98%.*

Conclusion : *Pursed lip-breathing with blowing balloon exercise could lower dyspnea breathing on congestive heart failure patients.*

Keywords : *Pursed Lip-Breathing, Blowing Balloon Therapy, Ineffective Breathing Pattern, Oxygenation Impairment, Heart Failure.*