

# **PENERAPAN *EVIDENCE BASED NURSING* (EBN) TERAPI MENIUP BALING-BALING DAN *SUPER BUBBLES* DALAM MENGATASI PENINGKATAN FREKUENSI PERNAFASAN PADA ANAK DENGAN PNEUMONIA**

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## **Abstrak**

Masa anak-anak rentan mengalami berbagai masalah kesehatan seperti Infeksi Saluran Pernafasan Atas dan Pneumonia dikarenakan daya tahan tubuh anak yang belum optimal. Pneumonia dapat mengakibatkan obstruksi jalan nafas, ditandai dengan adanya peningkatan frekuensi pernafasan. Meniup baling-baling dan *super bubbles* merupakan terapi relaksasi nafas dengan aktivitas bermain yang bertujuan untuk mengatasi peningkatan frekuensi pernafasan. Tujuan penelitian ini adalah untuk menganalisis asuhan keperawatan pada anak dengan Pneumonia yang mengalami peningkatan frekuensi pernafasan dengan intervensi EBN berupa terapi meniup baling-baling dan *super bubbles*. Responden yang terlibat berjumlah dua orang dan masing-masing diberikan intervensi meniup baling – baling dan *super bubbles*. Intervensi dilakukan selama 3 hari dengan durasi 5 menit dalam satu hari. Frekuensi pernafasan dihitung dengan inspeksi pergerakan dinding dada selama satu menit. Hasil intervensi meniup baling-baling dan *super bubbles* didapatkan penurunan frekuensi pernafasan dengan rata-rata 5x/menit. Rekomendasi penulis terhadap pelaksanaan meniup *super bubbles* dapat dilakukan di luar ruangan dan meniup baling-baling dapat dilakukan baik di dalam maupun luar ruang secara teratur guna mengatasi peningkatan frekuensi pernafasan pada anak.

**Kata Kunci :** Anak, Pneumonia, Terapi Meniup Baling – Baling, Terapi Meniup *Super Bubbles*

# **APPLICATION OF EVIDENCE BASED NURSING (EBN) THERAPY BLOWING THE PROPELLER AND SUPPER BUBBLES IN COPING INCREASED RESPIRATORY FREQUENCY IN CHILDREN WITH PNEUMONIA**

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## **Abstract**

Children are prone to various health problems such as Upper Respiratory Tract Infections and Pneumonia because the child's immune system that is not optimal. Pneumonia can result in airway obstruction, characterized by an increase in respiratory frequency. Blowing propellers and super bubbles is a breath relaxation therapy with play activities that aim to overcome the increase in breathing frequency. The purpose of this study was to analyze nursing care in children with pneumonia who experienced increased respiratory frequency with EBN intervention in the form of propeller blowing therapy and super bubbles. The respondents involved were two people and each was given a propeller blowing intervention and super bubbles. The intervention was carried out for 3 days with a duration of 5 minutes in one day. The frequency of exhalation is calculated by inspection of the movement of the chest wall for one minute. The results of the propeller blowing intervention and super bubbles found a decrease in respiratory frequency by an average of 5x / minute. The author's recommendation is that the implementation of blowing super bubbles can be done outdoors and blowing propellers can be done indoors and outdoors regularly to overcome the increase in respiratory frequency in children.

**Keywords :** Children, Pneumonia, Propeller Blowing Therapy, Super Bubbles Blowing Therapy