

**ANALISIS ASUHAN KEPERAWATAN INTERVENSI
KOMBINASI *DIAPHRAGMATIC BREATHING EXERCISE*
DENGAN *PURSED LIPS BREATHING* TERHADAP SKALA
DISPNEA PADA PASIEN PENYAKIT PARU OBSTRUKTIF
KRONIS (PPOK) DI IGD RSUD PASAR MINGGU**

Kiana Alif Fatwa Supendi

Abstrak

Penyakit Paru Obstruksi Kronis (PPOK) menjadi salah satu penyakit dengan kematian tertinggi di dunia. PPOK adalah penyakit yang mengganggu proses pertukaran oksigen di dalam paru-paru yang mengakibatkan penderitanya mengalami sesak nafas sehingga menjadi kesulitan bernafas. Sesak nafas menjadi tanda dan gejala utama dalam PPOK. Penatalaksanaan sesak nafas dapat berupa pemberian bronkodilator, oksigen ataupun terapi pernafasan seperti *Diaphragmatic Breathing Exercise* dengan *Pursed Lips Breathing*. Terapi pernafasan ini dapat membantu mempercepat ekspirasi udara, mengontrol kecepatan, kedalaman, meningkatkan saturasi oksigen serta dapat meningkatkan efisiensi ventilasi dalam paru-paru. Hasil analisis menunjukkan bahwa pemberian terapi kombinasi *Diaphragmatic Breathing Exercise* dengan *Pursed Lips Breathing* dapat membantu menurunkan skala dispnea terhadap pasien dengan masalah keperawatan pola napas tidak efektif pada pasien PPOK. Diharapkan intervensi kombinasi *Diaphragmatic Breathing Exercise* dengan *Pursed Lips Breathing* ini dapat diterapkan oleh tenaga keperawatan sebagai intervensi mandiri dalam menangani keluhan dispnea khususnya pada pasien dengan diagnosa PPOK.

Kata Kunci : PPOK, Skala Dispnea, *Diaphragmatic Breathing Exercise*, *Purse Lips Breathing*

**ANALYSIS OF INTERVENTION NURSING CARE
COMBINATION OF DIAPHRAGMATIC BREATHING
EXERCISE WITH PURSED LIPS BREATHING ON THE SCALE
OF DISPNEA IN CHRONIC OBSTRUCTIVE LUNG DISEASE
(COPD) PATIENTS IN THE EMERGENCY ROOM OF PASAR
MINGGU HOSPITAL**

Kiana Alif Fatwa Supendi

Abstract

Chronic Obstructive Pulmonary Disease (COPD) is one of the diseases with the highest mortality in the world. COPD is a disease that interferes with the process of exchanging oxygen in the lungs which causes sufferers to experience shortness of breath so that it becomes difficult to breathe. Shortness of breath is the main sign and symptom in COPD. Management of shortness of breath can be in the form of administering bronchodilators, oxygen or respiratory therapy such as Diaphragmatic Breathing Exercise with Pursed Lips Breathing. This breathing therapy can help speed up air expiration, control speed, depth, increase oxygen saturation and can increase the efficiency of ventilation in the lungs. The results of the analysis show that the combination of Diaphragmatic Breathing Exercise with Pursed Lips Breathing can help reduce the dyspnea scale in patients with ineffective breathing pattern nursing problems in COPD patients. It is hoped that the combination intervention Diaphragmatic Breathing Exercise with Pursed Lips Breathing can be applied by nursing staff as an independent intervention in dealing with complaints of dyspnea, especially in patients with COPD diagnoses.

Keywords: *COPD, Dyspnea Scale, Diaphragmatic Breathing Exercise, Pursed Lips Breathing*