

**PENERAPAN EVIDENCE BASED NURSING (EBN) TERAPI
MENIUP BALING-BALING DALAM MENGATASI
PENINGKATAN FREKUENSI PERNAFASAN DAN
MENINGKATKAN SATURASI OKSIGEN PADA
ANAK DENGAN PNEUMONIA DI RSUD
TARAKAN**

Dwi Rahmawati

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, menurunnya saturasi oksigen, sesak dan terdapat suara nafas tambahan. Meniup kincir merupakan terapi relaksasi nafas dengan aktivitas bermain yang bertujuan untuk mengatasi peningkatan frekuensi pernafasan dan meningkatkan saturasi oksigen. Tujuan penelitian ini adalah untuk menganalisis asuhan keperawatan pada anak dengan Pneumonia yang mengalami peningkatan frekuensi pernafasan dan penurunan oksigenasi dengan intervensi EBN berupa terapi meniup kincir. Responden yang terlibat berjumlah dua orang dan masing-masing diberikan intervensi meniup kincir. Intervensi dilakukan selama 3 hari dengan durasi 2-5 menit dalam satu hari. Frekuensi pernafasan dihitung dengan inspeksi pergerakan dinding dada selama satu menit dan saturasi oksigen dihitung dengan alat oksimeter. Hasil intervensi meniup baling-baling didapatkan penurunan frekuensi pernafasan dengan rata-rata 5x/menit, meningkatkan saturasi oksigen dan meningkatkan efektivitas pengeluaran sputum. Rekomendasi penulis meniup baling-baling dapat dilakukan baik di dalam masa perawatan maupun rawat jalan sebagai terapi nonfarmakologi dilakukan secara teratur guna membantu mengatasi peningkatan frekuensi pernafasan dan maksimalkan saturasi oksigen pada anak.

Kata Kunci : Anak, Pneumonia, Terapi Meniup Baling – Baling

**THE APPLICATION OF EVIDENCE BASED NURSING (EBN)
BLOW PINWHEELS THERAPY IN OVERCOMING
INCREASED RESPIRATORY FREQUENCY AND
INCREASING OXYGEN SATURATION IN
CHILDREN WITH PNEUMONIA AT
TARAKAN HOSPITAL**

Dwi Rahmawati

Abstract

Children are prone to various health problems such as Upper Respiratory Tract Infections and Pneumonia due to their immature immune system. Pneumonia can result in airway obstruction, characterised by increased respiratory frequency, decreased oxygen saturation, tightness and additional breath sounds. Blowing a pinwheel is a breath relaxation therapy with play activities that aims to overcome increased respiratory frequency and increase oxygen saturation. The purpose of this study was to analyse nursing care in children with pneumonia who experienced increased respiratory frequency and decreased oxygenation with EBN interventions in the form of blowing pinwheel therapy. There were two respondents involved and each was given a pinwheel blowing intervention. The intervention was conducted for 3 days with a duration of 2-5 minutes a day. Respiratory frequency was calculated by inspection of chest wall movement for one minute and oxygen saturation was calculated with an oximeter. The results of the blowing propeller intervention obtained a decrease in respiratory frequency with an average of 5x/minute, increased oxygen saturation and increased the effectiveness of sputum discharge. The author's recommendation is that blowing propellers can be done both in the treatment and outpatient periods as a non-pharmacological therapy carried out regularly to help overcome the increase in respiratory frequency and maximise oxygen saturation in children.

Keyword : Children, Pneumonia, Pinwheel Blow Therapy