

**PENATALAKSANAAN FISIOTERAPI PADA KASUS
PNEUMONIA ec CVD SI (*Cerebral Vascular Disease Stroke
Ischemic*) DI RUMAH SAKIT UMUM PUSAT
PERSAHABATAN**

Ella Novia Ramadhana Diaz

Abstrak

Latar belakang: Pneumonia adalah peradangan akut dan konsolidasi jaringan paru-paru akibat agen infeksi seperti bakteri, virus, jamur, dan parasit yang terjadi di satu atau dua lobus paru. Penyakit pneumonia didefinisikan sebagai infeksi parenkim paru. Pada kasus pneumonia, gangguan pernapasan terjadi di alveoli karena masalah pertukaran gas yang menyebabkan seseorang kesulitan bernapas. **Tujuan:** Penelitian ini bertujuan untuk mengetahui penatalaksanaan fisioterapi pada kasus pneumonia. **Metode Penelitian:** Penelitian yang dilakukan merupakan penelitian berbentuk studi kasus dengan pasien bernama Tn. E, berjenis kelamin laki-laki, usia 50 tahun dengan didiagnosa pneumonia. **Hasil:** Setelah dilakukan tiga kali tindakan evaluasi fisioterapi dengan pemberian intervensi menggunakan *deep breathing exercise, positioning, chest physiotherapy, segmental breathing*, dan gerakan pasif ROM didapatkan hasil adanya penurunan sesak napas, nyeri dada, sputum, peningkatan kekuatan otot, peningkatan pengembangan thoraks, dan memperbaiki postur pada pasien pneumonia. **Kesimpulan:** Bahwa pasien yang mengalami pneumonia diketahui memiliki keluhan sesak napas, adanya sputum, dan sedikit nyeri dada, dilakukannya pemeriksaan menggunakan skala Borg untuk pemeriksaan sesak napas, skala VAS untuk pemeriksaan nyeri, MMT (Manual Muscle Testing) untuk pemeriksaan kekuatan otot, dan *Indeks Barthel* untuk pemeriksaan kemampuan fungsional. Setelah itu, diberikannya intervensi menggunakan *deep breathing exercise, positioning, chest physiotherapy*, dan *segmental breathing* didapatkan hasil adanya penurunan sesak napas, nyeri dada, sputum, peningkatan kekuatan otot, peningkatan pengembangan thoraks, dan memperbaiki postur pada pasien pneumonia.

Kata kunci :Pneumonia, *deep breathing exercise, positioning, chest physiotherapy, segmental breathing*

**PHYSIOTHERAPY MANAGEMENT IN CASES OF
PNEUMONIA ec CVD SI (*Cerebral Vascular Disease Stroke
Ischemic*) at RUMAH SAKIT UMUM PUSAT PERSAHABATAN**

Ella Novia Ramadhana Diaz

Abstract

Background: Pneumonia is acute inflammation and consolidation of lung tissue due to infectious agents such as bacteria, viruses, fungi and parasites that occur in one or two lung lobes. Pneumonia is defined as an infection of the lung parenchyma. In cases of pneumonia, breathing problems occur in the alveoli due to gas exchange problems which cause a person to have difficulty breathing. **Objective:** This study aims to determine physiotherapy management in cases of pneumonia. **Research Methods:** The research carried out was in the form of a case study with a patient named Mr. E, male, 50 years old and diagnosed with pneumonia. **Results:** After carrying out three physiotherapy evaluation actions by providing interventions using deep breathing exercises, positioning, chest physiotherapy, segmental breathing, and passive ROM movements, the results showed a decrease in shortness of breath, chest pain, sputum, increased muscle strength, increased thoracic development, and improve posture in pneumonia patients. **Conclusion:** That patients who experience pneumonia are known to have complaints of shortness of breath, the presence of sputum, and slight chest pain. Examinations are carried out using the Borg scale for checking shortness of breath, the VAS scale for checking pain, MMT (Manual Muscle Testing) for examining muscle strength, and the Barthel Index for examining functional ability. After that, interventions using deep breathing exercises, positioning, chest physiotherapy, and segmental breathing were given, resulting in a reduction in shortness of breath, chest pain, sputum, increased muscle strength, increased thoracic development, and improved posture in pneumonia patients.

Keywords :Pneumonia, *deep breathing exercise, positioning, chest physiotherapy, segmental breathing*