

# PENATALAKSANAAN FISIOTERAPI PADA TUBERKULOSIS PARU DI RSUP PERSAHABATAN

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## Abstrak

**Latar Belakang:** Bakteri *Mycobacterium tuberculosis* menyebabkan infeksi pada saluran pernapasan, yang menyebabkan gejala seperti sesak napas, batuk, dan gangguan pernapasan. Peran penting fisioterapi dalam menangani problematik Tuberkulosis Paru seperti gangguan *impairment*, *disability*, dan *activity limitation* sehingga pasien dapat kembali melakukan aktivitas tanpa kesulitan bernapas.

**Tujuan:** Untuk mengetahui bagaimana proses penatalaksanaan fisioterapi pada kasus tuberkulosis paru di RSUP Persahabatan.

**Metode:** Desain yang digunakan adalah laporan kasus (*case report*) pada pasien laki-laki inisial Tn. A usia 30 tahun dengan diagnosis tuberkulosis paru oleh Dr. Spesialis Paru di RSUP Persahabatan dengan alat ukur menggunakan Skala Borg, Indeks Barthel dan Ekspansi Thoraks menggunakan midline.

**Hasil:** Pada penelitian ini didapatkan penurunan sesak, berkurangnya sputum, dan peningkatan pengembangan ekspansi thoraks.

**Kesimpulan:** Dengan sebanyak 3 kali terapi ditemukan perubahan intensitas sesak, sputum dan pengembangan ekspansi thoraks dari pemberian intervensi *Pursed Lip Breathing Exercise*, *Diaphragm Breathing*, *Chest Mobility*, *Segmental Breathing* dan *Active Control Breathing Technique*.

**Kata Kunci :** Tuberkulosis paru, *Pursed Lip Breathing Exercise*, *Diaphragm Breathing*, *Chest Mobility*, *Segmental Breathing* dan *Active Control Breathing Technique*.

# **PHYSIOTHERAPY MANAGEMENT OF PULMONARY TUBERCULOSIS AT PERSAHABATAN HOSPITAL**

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## **Abstract**

**Background:** *Mycobacterium tuberculosis* bacteria cause infections of the respiratory tract, which causes symptoms such as shortness of breath, coughing and respiratory problems. The important role of physiotherapy in treating pulmonary tuberculosis problems such as impairment, disability and activity limitation so that patients can return to activities without difficulty breathing.

**Objective:** *The aim of this research is to find out the process of physiotherapy management in pulmonary tuberculosis cases at Persahabatan Hospital.*

**Method:** *The design used was a case report on a patient diagnosed with pulmonary tuberculosis by Dr. Lung Specialist at Persahabatan Hospital with measuring instruments using the Borg Scale, Barthel Index and Thoracic Expansion using the midline.*

**Results:** *In this study, we found a decrease in shortness of breath, a reduction in sputum, and an increase in the development of thoracic expansion.*

**Conclusion:** *With 3 treatments, changes in the intensity of shortness of breath, sputum and development of thoracic expansion were found from the intervention of Pursed Lip Breathing Exercise, Diaphragm Breathing, Chest Mobility, Segmental Breathing and Active Control Breathing Technique.*

**Keywords:** *Pulmonary tuberculosis, Pursed Lip Breathing Exercise, Diaphragm Breathing, Chest Mobility, Segmental Breathing and Active Control Breathing Technique.*