

# **PENATALAKSANAAN FISIOTERAPI PADA KASUS TUBERCULOSIS PARU DI RUMAH SAKIT Dr. M. GOENAWAN PARTOWIDIGDO PARU CISARUA BOGOR**

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## **Abstrak**

**Latar Belakang :** *Tuberculosis* adalah penyakit menular langsung yang disebabkan oleh *Mycobacterium tuberculosis*, kuman yang menyebabkan tuberkulosis. Kuman ini biasanya menyerang paru- paru, tetapi mereka juga dapat menyerang bagian tubuh lainnya. Kuman *Mycobacterium Tuberculosis* menyebabkan tuberkulosis, yang merupakan penyakit menular langsung. **Metode:** Metode penelitian yang digunakan adalah studi kasus, dimana di dalam nya berisi mengenai data pasien diantaranya, pasien Ny S berusia 53 tahun dengan diagnosa medis *Tuberculosis Paru*, yang mempunyai keluhan sesak nafas dan batuk yang menjadikan kesulitan dalam melakukan aktivitas harian di karenakan sesak yang mengganggu. **Hasil:** Hasil penatalaksanaan fisioterapi yang telah dilaksanakan sebanyak 4 kali terdapat sedikit perubahan namun tidak signifikan. **Kesimpulan :** Problematika Fisioterapi berupa sesak, serta penurunan kapasitas volume paru yang dapat mengganggu aktivitas fungsional harian dapat di berikan *Control Breathing, Pursed Lip breathing, Chest Mobility, dan Postural Correction*. setelah diberikan fisioterapi 4 kali dengan menggunakan *Control Breathing, Pursed Lip Breathing, Chest Mobility, dan postural correction* di dapatkan hasil yang cukup baik untuk peningkatan Sangkar thorax, Penurunan sesak hingga Peningkatan aktivitas fungsional.

**Kata kunci :** *Tuberculosis Paru, Control Breathing, Pursed Lip Breathing, Chest Mobility, Barthel Indeks, Dispnea Severity Scale.*

# **PHYSIOTHERAPY MANAGEMENT IN CASES PULMONARY TUBERCULOSIS AT LUNG HOSPITAL Dr. M. GOENAWAN PARTOWIDIGDO CISARUA BOGOR**

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## **Abstract**

**Background:** Tuberculosis is a direct infectious disease caused by Mycobacterium tuberculosis, the germ that causes tuberculosis. These germs usually attack the lungs, but they can also attack other parts of the body. The Mycobacterium Tuberculosis germ causes tuberculosis, which is a directly infectious disease. **Method:** The research method used is a case study, which contains patient data including, patient Mrs S aged 53 years with a medical diagnosis of Pulmonary Tuberculosis, who had complaints of shortness of breath and coughing which made it difficult to carry out daily activities due to shortness of breath. disturbing. **Results:** The results of physiotherapy treatment which had been carried out 4 times showed slight changes but were not significant. **Conclusion:** Physiotherapy problems in the form of shortness of breath, as well as a decrease in lung volume capacity which can interfere with daily functional activities can be treated with Control Breathing, Pursed Lip Breathing, Chest Mobility, and Postural Correction. After being given physiotherapy 4 times using Control Breathing, Pursed Lip Breathing, Chest Mobility and postural correction obtained quite good results for improving the thorax cage, reducing tightness and increasing functional activities.

**Keywords :** Pulmonary Tuberculosis, Respiratory Control, Pursed Lip Breathing, Chest Mobility, Barthel Index, Dyspnea Severity Scale.