

STUDI KASUS: PENERAPAN TEKNIK *BUTEYKO BREATHING EXERCISE* DALAM ASUHAN KEPERAWATAN PADA PASIEN DENGAN PENYAKIT PARU OBSTRUKSI KRONIS DI RSUD PASAR REBO

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Abstrak

Penyakit Paru Obstruktif Kronik (PPOK) merupakan penyakit tidak menular dengan gejala sesak dan menyebabkan kesulitan bernapas. Studi kasus ini menggunakan pendekatan *single case study* yang bersifat deskriptif di RSUD Pasar Rebo. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik dan dokumentasi. Dari hasil pengkajian didapatkan data pasien mengeluh sesak napas disertai dengan batuk berdahak yang ditandai dengan perubahan frekuensi pernapasan dan pola pernapasan. Diagnosis yang didapatkan pada Tn. K adalah gangguan pertukaran gas berhubungan dengan ketidakseimbangan ventilasi-perfusi. Intervensi yang dilakukan pada Tn. K yaitu pemantauan respirasi dan penerapan latihan *buteyko breathing exercise*. Implementasi yang dilakukan selama 3 hari setiap pagi dan siang setelah melakukan latihan napas *buteyko breathing exercise* didapatkan hasil: RR: 18x/menit, SPO2: 99% dan pasien membaik. Penerapan latihan *buteyko breathing exercise* terbukti efektif dalam menurunkan sesak napas dalam asuhan keperawatan pasien dengan PPOK.

Kata Kunci: *Buteyko Breathing Exercise*, PPOK, *Single Case Study*, Status Pernapasan

**CASE STUDY: APPLICATION OF BUTEYKO BREATHING
EXERCISE TECHNIQUE IN NURSING CARE OF PATIENTS
WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE
AT RSUD PASAR REBO**

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Abstract

Chronic Obstructive Pulmonary Disease (COPD) is a non-communicable disease with symptoms of shortness of breath and causes difficulty breathing. This case study uses a descriptive single case study approach at Pasar Rebo Hospital. Data collection was carried out through interviews, observations, physical examinations and documentation. From the results of the assessment, it was obtained that the patient complained of shortness of breath accompanied by a cough with phlegm which was characterized by changes in respiratory rate and breathing pattern. The diagnosis obtained in Mr. K was a gas exchange disorder related to ventilation-perfusion imbalance. The interventions carried out on Mr. K were respiratory monitoring and application of buteyko breathing exercise. Implementation carried out for 3 days every morning and afternoon after doing buteyko breathing exercise obtained the following results: RR: 18x/minute, SPO2: 99% and the patient improved. The application of Buteyko breathing exercises has been proven effective in reducing shortness of breath in nursing care for patients with COPD.

Keyword: Buteyko Breathing Exercise, COPD, Respiratory Status, Single Case Study