

STUDI KASUS: IMPLEMENTASI TERAPI *DEEP BREATHING EXERCISE* TERHADAP STATUS PERNAPASAN DAN SKALA NYERI PADA PASIEN DENGAN PNEUMONIA DI RSUD TARAKAN

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Abstrak

Latar Belakang: Pneumonia merupakan salah satu penyebab kematian terbesar di dunia. Pneumonia menyerang berbagai kalangan usia termasuk anak-anak dan lansia. Pneumonia memiliki gejala umum sesak napas, batuk dan nyeri dada. Salah satu tindakan yang dapat dilakukan adalah terapi nonfarmakologis *deep breathing exercise*. **Tujuan:** Mengidentifikasi keberhasilan implementasi *deep breathing exercise* pada asuhan keperawatan pasien pneumonia yang memiliki masalah gangguan pernapasan dan nyeri akut. **Metode:** Studi kasus yang bersifat deskriptif adalah metode yang digunakan, dengan *single case study* menggunakan teknik *purposive sampling* pada pasien pneumonia yang berusia 68 tahun. Pengumpulan data dilakukan dengan wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Tindakan *deep breathing exercise* dilakukan untuk menilai status pernapasan (RR dan SpO₂) dan skala nyeri (VAS). **Hasil:** Evaluasi menunjukkan nilai *respiration rates* dari 27x/menit menjadi 20x/menit, SpO₂ dari nilai 89% ke 98% dan skala nyeri dari skala 6 ke skala 1 ditandai dengan sesak dan nyeri menurun. **Kesimpulan:** Implementasi terapi *deep breathing exercise* dapat memperbaiki status pernapasan dan skala nyeri setelah 4 hari implementasi. Terapi *deep breathing exercise* direkomendasikan sebagai salah satu intervensi nonfarmakologis untuk memperbaiki status pernapasan dan skala nyeri pada pasien pneumonia.

Kata Kunci: *Deep Breathing Exercise*, Nyeri Akut, Pneumonia, Pola Napas Tidak Efektif, *Single Case Study*

**CASE STUDY: IMPLEMENTATION OF DEEP BREATHING
EXERCISE THERAPY ON RESPIRATORY STATUS AND
PAIN SCALE IN PATIENTS WITH PNEUMONIA
AT RSUD TARAKAN**

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Abstract

Background: Pneumonia is one of the biggest causes of death in the world. Pneumonia affects a wide range of ages including children and the elderly. Pneumonia has common symptoms of shortness of breath, coughing and chest pain. One of the measures that can be taken is nonpharmacological deep breathing exercise therapy. **Objective:** To identify the successful implementation of deep breathing exercises in the nursing care of pneumonia patients who have respiratory problems and acute pain. **Methods:** Descriptive case study is the method used, with a single case study using purposive sampling technique on a 68-year-old pneumonia patient. Data collection was done by interview, observation, physical examination and documentation study. Deep breathing exercise was performed to assess respiratory status (RR and SpO₂) and pain scale (VAS). **Results:** The evaluation showed the value of respiration rates from 27x/min to 20x/min, SpO₂ from 89% to 98% and pain scale from scale 6 to scale 1 characterized by tightness and decreased pain. **Conclusion:** Implementation of deep breathing exercise therapy can improve respiratory status and pain scale after 4 days of implementation. Deep breathing exercise therapy is recommended as one of the nonpharmacological interventions to improve respiratory status and pain scale in pneumonia patients.

Keywords: Acute Pain, Deep Breathing Exercise, Ineffective Breathing Patterns, Pneumonia, Single Case Study