

ASUHAN KEPERAWATAN PADA PASIEN PPOK DENGAN MASALAH BERSIHAN JALAN NAPAS TIDAK EFEKTIF MELALUI PENERAPAN TEKNIK BATUK EFEKTIF DAN *PURSED LIPS BREATHING*

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Abstrak

Penyakit Paru Obstruktif Kronik (PPOK) merupakan penyakit pernapasan kronis yang ditandai oleh hambatan aliran udara dan peningkatan produksi sekret, sehingga pasien kerap mengalami sesak napas dan batuk produktif. Penelitian ini bertujuan untuk mengidentifikasi asuhan keperawatan pada pasien PPOK dengan masalah keperawatan utama yaitu bersihan jalan napas tidak efektif, serta penerapan teknik batuk efektif dan pursed lips breathing sebagai intervensi keperawatan nonfarmakologis. Metode yang digunakan adalah studi kasus terhadap satu pasien di salah satu rumah sakit Jakarta selama tiga hari berturut-turut, dengan durasi intervensi 10–15 menit per hari. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik. Intervensi dilakukan sesuai Standar Operasional Prosedur (SOP) dan dilengkapi dengan terapi farmakologis. Hasil evaluasi menunjukkan adanya peningkatan bersihan jalan napas, frekuensi napas yang lebih teratur, peningkatan saturasi oksigen, serta penurunan gejala mual dan suhu tubuh. Harapannya, intervensi kombinasi ini dapat diterapkan secara konsisten oleh perawat maupun keluarga pasien sebagai upaya meningkatkan status pernapasan dan mencegah eksaserbasi pada penderita PPOK. Dokumentasi keperawatan dilakukan secara sistematis dan menjaga kerahasiaan pasien sesuai standar etika.

Kata Kunci: Asuhan Keperawatan, Batuk Efektif, *Pursed Lips Breathing*

NURSING CARE FOR COPD PATIENTS WITH INEFFECTIVE AIRWAYS CLEARANCE PROBLEMS THROUGH THE APPLICATION OF EFFECTIVE COUGHING TECHNIQUES AND PURSED LIPS BREATHING

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Abstract

Chronic Obstructive Pulmonary Disease (COPD) is a chronic respiratory condition characterized by airflow obstruction and increased secretion production, which often leads to shortness of breath and productive cough in patients. This study aims to identify nursing care for COPD patients with the primary nursing diagnosis of ineffective airway clearance, and to implement effective coughing techniques and pursed lips breathing as non-pharmacological nursing interventions. The method used was a case study of one patient in a hospital in Jakarta over a consecutive three-day period, with interventions conducted for 10–15 minutes each day. Data were collected through interviews, observations, and physical examinations. Interventions were implemented in accordance with Standard Operating Procedures (SOP) and complemented by pharmacological therapy. Evaluation results showed improvements in airway clearance, more regular respiratory rate, increased oxygen saturation, and a reduction in nausea and body temperature. It is hoped that this combination of interventions can be consistently applied by nurses and family members as an effort to improve respiratory status and prevent exacerbations in COPD patients. Nursing documentation was carried out systematically while maintaining patient confidentiality in accordance with ethical standards.

Keywords: Nursing Care, Effective Cough, Pursed Lips Breathing