

PENATALAKSANAAN FISIOTERAPI PADA KASUS ASMA BRONKIAL

Ajeng Puspita Dewi

Abstrak

Latar Belakang : Asma Bronkial adalah penyakit peradangan kronik yang mengakibatkan pembengkakan atau penyempitan pada saluran pernapasan. Penyebab dari asma bronkial yaitu faktor penjamu kondisi bawaan atau predisposisi yang membuat lebih rentan terkena asma seperti obesitas, faktor nutrisi, infeksi, sensitisasi alergi dan faktor lingkungan seperti hal-hal yang memicu serangan asma yakni alergi, infeksi saluran pernapasan, aktivitas fisik, bernafas berlebih, perubahan cuaca, polusi udara, obat-obatan, dan asap rokok. Gejalanya seperti sesak nafas, batuk, mengi akan timbul jika hipereaktivitas bronkus terpapar pencetus. **Desain :** penelitian ini dilakukan berbentuk studi kasus. Sampel penelitian yang diambil merupakan seorang pasien yang di diagnosis medis Asma Bronkial berjenis kelamin Perempuan berusia 75 tahun. **Hasil :** Pada penelitian ini didapatkan penurunan skala nyeri, peningkatan pengembangan sangkar thoraks, dan penurunan skala sesak. **Kesimpulan :** Setelah dilakukan pemeriksaan vital sign, inspeksi, palpasi, auskultasi, perkusi, fremitus, pengukuran sangkar thorax, skala borg, dan pengukuran skala sesak yang dihubungkan dengan aktivitas sehari-hari. Dilakukan tiga kali tindakan fisioterapi dengan pemberian intervensi menggunakan *infrared, postural correction, breathing control, diafragma breathing, pursed lip breathing, dan chest mobility*, didapatkan hasil adanya penurunan nyeri, peningkatan pengembangan sangkar thoraks dan penurunan skala sesak.

Kata kunci : Asma Bronkial, *Infrared, Breathing Control, Pursed Lip Breathing, Chest Mobility*

PHYSIOTHERAPY MANAGEMENT IN CASES OF BRONCHIAL ASTHMA

Ajeng Puspita Dewi

Abstract

Background : Bronchial Asthma is a chronic inflammatory disease that causes swelling or narrowing of the respiratory tract. The causes of bronchial asthma are host factors, congenital condition or predispositions that make you more susceptible to asthma such as obesity, nutritional factors, infections, allergic sensitization and environmental factors such as things that trigger asthma attacks, namely allergies, respiratory infections, physical activity, excessive breathing, weather changes, air pollution, drugs, and cigarette smoke. Symptoms such as shortness of breath, coughing, wheezing will arise if bronchial hyperreactivity is exposed to triggers.

Design : this study was conducted in the form of a case study. The research sample taken was a patient who was medically diagnosed with bronchial Asthma, a 75 year old woman. **Results :** this study found a decrease in pain scale, increased development of thoracic cage, and decrease in shortness of breath scale.

Conclusion : After examining vital sign, inspection, palpation, auscultation, percussion, fremitus, thoracic cage measurements associated with daily activities. Three physiotherapy procedures were performed with interventions using infrared, postural correction, breathing control, diaphragm breathing, pursed lip breathing, and chest mobility, resulting in decreased pain, increased thoracic cage expansion, and decreased shortness of breath scale.

Keyword : Asthma Bronchial, Infrared, Breathing Control, Pursed Lip Breathing, Chest Mobility