

PENATALAKSANAAN FISIOTERAPI PADA KASUS PNEUMONIA DI RUMAH SAKIT UMUM PUSAT PERSAHABATAN

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Abstrak

Latar Belakang: Pneumonia merupakan peradangan pada parenkim paru yang disebabkan oleh infeksi virus, bakteri, dan jamur yang ditandai dengan gejala sesak napas, peningkatan produksi sputum, dan penurunan ekspansi thoraks. Kondisi tersebut menyebabkan pertukaran gas tidak optimal sehingga memperberat kerja pernapasan dan menurunkan toleransi aktivitas. **Tujuan:** Penulisan ini bertujuan untuk mengetahui penatalaksanaan fisioterapi pada kasus pneumonia. **Metode:** Penelitian ini berupa studi kasus pada pasien laki-laki dengan inisial Tn. H berumur 37 tahun didiagnosa *Community-Acquired Pneumonia* pada tanggal 11 Januari 2025 di Rumah Sakit Umum Pusat Persahabatan. **Hasil:** Setelah tiga kali pertemuan, terdapat penurunan sesak napas, penurunan nyeri dada, peningkatan ekspansi thoraks. Namun, kemampuan fungsional melalui penilaian Indeks Barthel pasien belum menunjukkan peningkatan dan pasien masih pada tingkat ketergantungan total. **Kesimpulan:** Setelah pemberian intervensi fisioterapi seperti *High Frequency Chest Wall Oscillation* (HFCWO), *Active Cycle of Breathing Exercise* (ACBT), *Diaphragmatic Breathing*, dan *Pursed Lip Breathing Exercise* menunjukkan adanya perbaikan fungsi respirasi, namun tidak terdapat perubahan pada penilaian Indeks Barthel.

Kata kunci: Pneumonia, Fisioterapi, *High Frequency Chest Wall Oscillation*, *Breathing Exercise*, *Active Cycle of Breathing Exercise*

PHYSIOTHERAPY MANAGEMENT OF PNEUMONIA AT PERSAHABATAN GENERAL HOSPITAL

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Abstract

Background: Pneumonia is an inflammatory condition of the parenchyma caused by viral, bacterial, and fungal infections, characterized by symptoms such as dyspnea, increased sputum production, and decreased thoracic expansion. These conditions lead to impaired ventilation, increased work of breathing, decreased activity tolerance. **Objective:** This case report aims to determine and analyze physiotherapy management in patients with pneumonia. **Methods:** This study utilized a case report design involving a 37-year-old male patient with the initials Mr. H, diagnosed with *Community-Acquired Pneumonia* on January 11, 2025, at Persahabatan General Hospital. **Results:** After three treatment sessions, there was a reduction in dyspnea and chest pain, as well as an improvement in thoracic expansion. However, functional ability assessed using the Barthel Index showed no improvement, and the patient remained fully dependent. **Conclusion:** Physiotherapy interventions including High Frequency Chest Wall Oscillation (HFCWO), Active Cycle of Breathing Exercise (ACBT), Diaphragmatic Breathing, dan Pursed Lip Breathing Exercise demonstrated an improvement in respiratory function in patients with pneumonia. However, no changes were observed in the patient's functional ability based on the Barthel Index.

Keyword: Pneumonia, Physiotherapy, High Frequency Chest Wall Oscillation, Breathing Exercise, Active Cycle of Breathing Exercise