

**ASUHAN KEPERAWATAN PADA TN. O DENGAN MASALAH
KEPERAWATAN BERSIHAN JALAN NAPAS TIDAK
EFEKTIF PADA DIAGNOSIS MEDIS PPOK
MELALUI INTERVENSI BATUK EFEKTIF
DI RSUD PASAR MINGGU
JAKARTA**

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Abstrak

Penyakit Paru Obstruktif Kronis (PPOK) merupakan penyakit paru kronis yang ditandai hambatan aliran udara progresif dan sering menimbulkan masalah bersihan jalan napas tidak efektif akibat penumpukan sputum. Riwayat tuberkulosis (TB) paru dapat memperburuk fungsi paru dan meningkatkan keluhan pernapasan pada pasien PPOK. Penelitian ini bertujuan memberikan asuhan keperawatan pada pasien PPOK melalui penerapan penerapan batuk efektif. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi rekam medis. Hasil pengkajian menunjukkan pasien mengalami batuk berdahak kental, sesak napas, ronkhi, dan kesulitan mengeluarkan sputum. Intervensi yang diberikan berupa latihan batuk efektif dan terapi kolaboratif ekspektoran. Setelah tiga hari perawatan, sputum lebih mudah keluar, sesak berkurang, dan pasien mampu melakukan batuk efektif secara mandiri. Batuk efektif dan ekspektoran saling mendukung dalam memperbaiki bersihan jalan napas pada pasien PPOK. Disarankan perawat menerapkan latihan batuk efektif secara konsisten agar hasil perawatan lebih optimal.

Kata Kunci: Batuk Efektif; Bersihan Jalan Napas; PPOK; TB paru

**NURSING CARE FOR MR. O WITH NURSING PROBLEMS OF
INEFFECTIVE AIRWAYS CLEARANCE IN COPD MEDICAL
DIAGNOSIS THROUGH EFFECTIVE COUGH
INTERVENTION AT PASAR MINGGU
REGIONAL HOSPITAL
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Abstract

Chronic Obstructive Pulmonary Disease (COPD) is a chronic lung disease characterized by progressive airflow obstruction and often leads to ineffective airway clearance due to sputum accumulation. A history of pulmonary tuberculosis (TB) can worsen lung function and increase respiratory complaints in COPD patients. This study aims to provide nursing care for COPD patients through the application of effective coughing. The method used was a descriptive case study with a nursing process approach. Data collection was conducted through interviews, observations, physical examinations, and medical record documentation. The assessment results showed the patient experiencing a cough with thick phlegm, shortness of breath, rhonchi, and difficulty expelling sputum. Interventions provided included effective coughing exercises and collaborative expectorant therapy. After three days of treatment, sputum was more easily expelled, shortness of breath decreased, and the patient was able to perform effective coughing independently. Effective coughing and expectorants mutually support airway clearance in COPD patients. It is recommended that nurses consistently implement effective coughing exercises for optimal treatment outcomes.

Keywords: *Airway Clearance; COPD; Effective Cough; Pulmonary TB*