

**ASUHAN KEPERAWATAN PADA PENYAKIT PARU OBSTRUKTIF  
KRONIS (PPOK) DENGAN PURSED LIPS BREATHING DAN  
LATIHAN BATUK EFEKTIF MELALUI PENDEKATAN  
TRANSKULTURAL DIRUANG FLAMBOYAN  
RSU TANGERANG SELATAN**

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**Abstrak**

Penyakit Paru Obstruktif Kronis (PPOK) merupakan penyebab utama morbiditas di Indonesia yang dipengaruhi oleh faktor biologis dan perilaku gaya hidup, seperti kebiasaan merokok. Studi ini bertujuan untuk mengaplikasikan asuhan keperawatan komprehensif pada pasien PPOK melalui pendekatan transkultural Leininger. Penelitian ini menggunakan desain studi kasus deskriptif pada Tn. J di RSUD Tangerang Selatan selama tiga hari pada Maret 2026. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik dengan instrumen Sunrise Model. Diagnosis keperawatan yang ditetapkan meliputi bersihan jalan napas tidak efektif, pola napas tidak efektif, dan intoleransi aktivitas. Intervensi yang diberikan mencakup latihan batuk efektif (*restructuring*), *pursed lips breathing* (*accommodation*), dan manajemen energi (*preservation*). Evaluasi menunjukkan penurunan frekuensi napas dari 25 menjadi 21 kali/menit, peningkatan saturasi oksigen dari 92% ke 97%, serta peningkatan kemandirian aktivitas. Integrasi intervensi klinis dan pendekatan transkultural terbukti efektif meningkatkan status respirasi dan kepatuhan pasien dalam mengelola faktor risiko kesehatan secara berkelanjutan.

**Kata Kunci:** Batuk Efektif; Keperawatan Transkultural; PPOK; Pursed Lips Breathing.

# **NURSING CARE FOR CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) WITH PURSED LIPS BREATHING AND EFFECTIVE COUGHING EXERCISE THROUGH A TRANSCULTURAL APPROACH IN THE FLAMBOYAN SOUTH TANGERANG**

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## **Abstract**

Chronic Obstructive Pulmonary Disease (COPD) is a leading cause of morbidity in Indonesia, influenced by biological factors and lifestyle behaviors, specifically smoking habits. This study aims to apply comprehensive nursing care for a COPD patient using Leininger's transcultural approach. This study employed a descriptive case study design focusing on Mr. J at South Tangerang General Hospital over a three-day period in March 2026. Data were collected through interviews, observations, and physical examinations using the Sunrise Model instrument. Established nursing diagnoses included ineffective airway clearance, ineffective breathing patterns, and activity intolerance. Interventions comprised effective coughing exercises (restructuring), pursed lips breathing (accommodation), and energy management (preservation). Evaluation results demonstrated a decrease in respiratory rate from 25 to 21 breaths per minute, an increase in oxygen saturation from 92% to 97%, and improved independence in daily activities. The integration of clinical interventions and transcultural approaches proved effective in enhancing respiratory status and patient compliance in managing health risk factors sustainably.

**Keywords:** COPD; Effective Cough; Pursed Lips Breathing; Transcultural Nursing.