

PENATALAKSANAAN FISIOTERAPI PADA KASUS *NON-SMALL CELL LUNG CANCER (ADENOCARCINOMA)* DI RUMAH SAKIT GOENAWAN PARTOWIDIGDO

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Abstrak

Latar Belakang : Kanker paru, khususnya *Non-small cell lung cancer* (NSCLC) tipe *adenocarcinoma*, merupakan salah satu penyebab utama morbiditas dan mortalitas yang berdampak signifikan terhadap fungsi respirasi, kapasitas aktivitas, serta kualitas hidup pasien. Kondisi ini sering ditandai dengan sesak napas, kelelahan, gangguan tidur, serta penurunan kemampuan aktivitas sehari-hari. Intervensi fisioterapi berperan penting dalam mengatasi gangguan tersebut melalui pendekatan rehabilitasi paru yang komprehensif.

Tujuan : Tujuan penulisan ini adalah untuk mengetahui penatalaksanaan fisioterapi pada kasus NSCLC tipe *adenocarcinoma* di Rumah Sakit Goenawan Partowidigdo.

Metode : Metode yang digunakan adalah studi kasus dengan pendekatan deskriptif, meliputi anamnesis, pemeriksaan fisioterapi, penetapan diagnosis berdasarkan ICF, intervensi, serta evaluasi menggunakan instrumen seperti *Dyspnea severity scale* (DSS), *Insomnia Severity index* (ISI), *Barthel index* (BI), dan EORTC QLQ.

Hasil : Berdasarkan proses pemeriksaan fisioterapi yang dilakukan, intervensi yang diberikan adalah *breathing control*, ACBT, *diaphragmatic breathing*, *deep breathing exc*, *stretching + massage* dan *chest mobility*.

Kesimpulan : Setelah pemberian intervensi fisioterapi diamati adanya fluktuasi tingkat sesak napas, frekuensi napas, nyeri, *activity daily living*, kapasitas fungsional, serta kualitas hidup pasien NSCLC tipe *adenocarcinoma*.

Kata Kunci : Kanker paru, NSCLC, *adenocarcinoma*, fisioterapi, kualitas hidup, rehabilitasi paru

PHYSIOTHERAPY MANAGEMENT IN CASES OF NON- SMALL CELL LUNG CANCER (ADENOCARCINOMA) AT GOENAWAN PARTOWIDIGDO HOSPITAL

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Abstract

Background: Lung cancer, particularly Non-small cell lung cancer (NSCLC) of the adenocarcinoma type, is one of the leading causes of morbidity and mortality, significantly affecting respiratory function, activity capacity, and patients' quality of life. This condition is often characterized by dyspnea, fatigue, sleep disturbances, and decreased ability to perform daily activities. Physiotherapy interventions play an important role in addressing these problems through a comprehensive pulmonary rehabilitation approach.

Objective: The purpose of this study was to determine the physiotherapy management in a case of NSCLC adenocarcinoma type at Goenawan Partowidigdo Hospital.

Methods: The method used was a case study with a descriptive approach, including anamnesis, physiotherapy examination, diagnosis based on the ICF framework, intervention, and evaluation using instruments such as the Dyspnea severity scale (DSS), Insomnia Severity index (ISI), Barthel index (BI), and EORTC QLQ.

Results: Based on the physiotherapy assessment, the interventions provided included breathing control, Active Cycle of Breathing Technique (ACBT), diaphragmatic breathing, deep breathing exercises, stretching combined with massage, and chest mobility exercises.

Conclusion: Following physiotherapy interventions, fluctuations were observed in dyspnea level, respiratory rate, pain, activities of daily living, functional capacity, and quality of life in a patient with NSCLC adenocarcinoma.

Keywords: Lung cancer, NSCLC, adenocarcinoma, physiotherapy, quality of life, pulmonary rehabilitation