

**IMPLEMENTASI FISIOTERAPI DADA DAN LATIHAN BATUK
EFEKTIF PADA PASIEN TUBERKULOSIS PARU DENGAN
MASALAH BERSIHAN JALAN NAPAS TIDAK EFEKTIF
DI RSU TANGGERANG SELATAN**

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Abstrak

Tuberkulosis adalah suatu penyakit kronik menular disebabkan oleh bakteri *Mycobacterium tuberculosis* yang menyebabkan penumpukan sputum atau sekret di daerah saluran pernapasan, dan dapat dibantu dengan teknik fisioterapi dada dan latihan batuk efektif untuk mengurangi sesak napas. Teknik fisioterapi dada dan batuk efektif merupakan intervensi nonfarmakologis yang dapat membantu mengurangi intensitas sesak dan meningkatkan saturasi oksigen. Penelitian ini untuk mengidentifikasi keberhasilan penerapan teknik fisioterapi dada dan batuk efektif dalam asuhan keperawatan pasien tb paru dengan masalah bersihan jalan napas tidak efektif. Metode yang digunakan yaitu studi kasus ini bersifat deskriptif dengan desain *single case study* pada satu pasien dewasa di RSU Tangerang Selatan yang dirawat selama tiga hari. Teknik pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Intervensi dilakukan untuk mengatasi sesak napas dan dievaluasi melalui respons subjektif pasien dan tanda vital. Didapatkan hasil setelah dilakukan Tindakan fisioterapi dada dan Latihan batuk efektif selama tiga hari dengan kondisi, batuk efektif menurun, produksi sputum menurun, dispnea menurun, frekuensi napas membaik (20x/menit), SPO₂: 98%, pola napas membaik. Teknik fisioterapi dada dan latihan batuk efektif dapat mengatasi bersihan jalan napas pada pasien TB paru.

Kata kunci: Fisioterapi Dada, Latihan Batuk Efektif, *Mycobacterium tuberculosis*, Sesak Napas, TB Paru

**IMPLEMENTATION OF CHEST PHYSIOTHERAPY AND EFFECTIVE
COUGHING EXERCISES IN PULMONARY TUBERCULOSIS
PATIENTS WITH INEFFECTIVE AIRWAY CLEARANCE
AT SOUTH TANGERANG GENERAL HOSPITAL**

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Abstract

Tuberculosis is a chronic infectious disease caused by the bacterium Mycobacterium tuberculosis, which leads to the accumulation of sputum or secretions in the respiratory tract; chest physiotherapy techniques and effective coughing exercises can help reduce shortness of breath. Chest physiotherapy techniques and effective coughing exercises are nonpharmacological interventions that can help reduce the severity of shortness of breath and improve oxygen saturation. This study aims to identify the success of applying chest physiotherapy and effective coughing techniques in the nursing care of pulmonary TB patients with ineffective airway clearance. The method used was a descriptive case study with a single-case design involving one adult patient at the South Tangerang General Hospital who was hospitalized for three days. Data collection techniques included interviews, observations, physical examinations, and documentation review. Interventions were performed to address dyspnea and were evaluated through the patient's subjective responses and vital signs. Results showed that after three days of chest physiotherapy and effective coughing exercises, the following improvements were observed: effective coughing decreased, sputum production decreased, dyspnea decreased, respiratory rate improved (20 breaths/minute), SPO₂: 98%, and breathing pattern improved. Chest physiotherapy techniques and effective coughing exercises can improve airway clearance in patients with pulmonary TB.

Keywords: Chest Physiotherapy, Effective Coughing Exercises, Mycobacterium tuberculosis, Shortness of Breath,