



**LEMBAR PENGESAHAN**  
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Judul : Pengaruh Pemberian Fisioterapi Dada dan Pursed Lips Breathing Terhadap Bersihan Jalan Napas Pada Anak Dengan Pneumonia Di Ruang Flamboyan RSUD Kajen

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**ABSTRACT**

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**The Implementation of Chest Physiotherapy Combined with Pursed Lips Breathing to Improve Airway Clearance in Childrens with Pneumonia in Flamboyan Ward of Kajen Public Hospital**

Patients with pneumonia often experience shortness of breath, coughing, tachypnea, fever, decreased oxygen saturation, and difficulty in mucus expectoration. As a result, secretions accumulate in the lungs, indicating ineffective airway clearance. One of the non-pharmacological therapies for managing pneumonia is breathing exercises, particularly pursed-lip breathing, which can be practiced through activities such as balloon blowing. In addition, chest physiotherapy is utilized to address ineffective airway clearance. The purpose of this study is to describe the implementation of chest physiotherapy combined with pursed-lip breathing through balloon-blowing exercises in a hospital setting. This case study involves a 4-year-old child diagnosed with pneumonia and presenting with ineffective airway clearance. The intervention involved instructing the patient to perform balloon-blowing exercises for 10 to 15 minutes daily over a period of three days. The initial assessment revealed that the patient had a fever, a dry, persistent cough, shortness of breath, and a respiratory rate of 42 breaths per minute. Following the intervention, the patient demonstrated improvement in clinical symptoms, including a reduced cough, successful expectoration of phlegm, and resolution of shortness of breath, with a respiratory rate decreasing to 24 breaths per minute. "This case study concludes that chest physiotherapy combined with pursed-lip breathing using the balloon-blowing method is effective in managing ineffective airway clearance in children with pneumonia. It is recommended that nurses implement chest physiotherapy and pursed-lip breathing as part of non-pharmacological interventions to address ineffective airway clearance in children with pneumonia.

**Keywords:** *Pneumonia, chest physiotherapy, pursed lips breathing, balloon-blowing, ineffective airway clearance*