

ABSTRAK

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Penerapan Fisioterapi Dada Disertai Minum Air Hangat Pada Balita ISPA Dengan Masalah Bersihan Jalan Napas Tidak Efektif Di Puskesmas Karangdadap

Infeksi saluran pernapasan akut (ISPA) merupakan penyakit dengan masalah peningkatan produksi sekret pada jalan nafas. Salah satu cara mengatasi masalah tersebut dengan fisioterapi dada. *Postural drainage*, *clapping* dan vibrasi pada fisioterapi dada dapat meningkatkan pergerakan aliran sekret sehingga dapat dikeluarkan. Tujuan studi kasus ini menggambarkan penerapan fisioterapi dada pada masalah bersihan jalan napas balita ISPA. Metode penelitian berupa studi kasus. Subjek studi yaitu dua balita dengan masalah bersihan jalan napas tidak efektif. Instrument penelitian berupa lembar observasi bersihan jalan napas. Studi kasus dilakukan selama 3 hari. Hasil setelah dilakukan fisioterapi dada menunjukan pada kasus I dan II terjadi penurunan rerata frekuensi pernapasan yaitu sebelumnya 28x/menit dan sesudahnya 24x/menit, batuk berkurang, tidak ada dahak dan ronkhi. Kesimpulan penerapan fisioterapi dada dapat mengatasi masalah bersihan jalan napas tidak efektif pada balita ISPA. Saran bagi perawat dapat menerapkan fisioterapi dada pada anak yang mengalami masalah bersihan jalan napas tidak efektif akibat ISPA.

Kata kunci: *Balita, Bersihan jalan napas tidak efektif, Fisioterapi dada, ISPA*

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ABSTRACT

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Application of Chest Physiotherapy Accompanied by Drinking Warm Water to ARI Toddlers with Ineffective Airway Clearance Problems at Karangdadap Health Center

Acute respiratory infection (ARI) is a disease with the problem of increased secretion production in the airway. One way to overcome this problem is with chest physiotherapy. Postural drainage, clapping, and vibration in chest physiotherapy can increase the movement of secretion flow so that it can be removed. The purpose of this case study describe the application of chest physiotherapy to the problem of airway clearance in ARI toddlers. The research method is a case study. The study subjects were two toddlers with ineffective airway clearance problems. The research instrument is an airway clearance observation sheet. Case studies were conducted for 3 days. The results after chest physiotherapy showed that in cases I and II there was a decrease in the average respiratory frequency, namely previously 28x/min, and after 24x/min, coughing was reduced, and there was no sputum and ronkhi. The conclusion of the application of chest physiotherapy can overcome the problem of ineffective airway clearance in ARI toddlers. Suggestions for nurses can apply chest physiotherapy to children who experience ineffective airway clearance problems due to ARI.

Keywords: *Toddler, Ineffective airway clearance, Chest physiotherapy, ARI*