

ABSTRAK

Penerapan Fisioterapi Dada dan Batuk Efektif Untuk Mengatasi Ketidakefektifan Jalan Nafas Pada Pasien TB Paru di Ruang Matahari RSI PKU Muhammadiyah Pekajangan

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Tuberkulosis Paru merupakan penyakit kronis dan menular yang disebabkan bakteri *Mycobacterium tuberculosis* yang menyerang paru-paru atau dapat menyebar ke berbagai organ tubuh lain. Gejala yang ditimbulkan oleh Tuberkulosis Paru berkembang secara bertahap seperti batuk selama tiga minggu disertai nyeri dada, batuk darah atau dahak dan sesak nafas, sehingga menimbulkan bersihan jalan nafas tidak efektif. Salah satu tindakan keperawatan yang dapat dilakukan adalah penerapan fisioterapi dada dan batuk efektif untuk mengatasi ketidakefektifan jalan nafas pada pasien TB Paru. Tujuan Karya Tulis Ilmiah ini menggambarkan penerapan fisioterapi dada dan batuk efektif terhadap ketidakefektifan jalan nafas pada pasien TB Paru. Rancangan Karya Tulis Ilmiah menggunakan metode studi kasus deskriptif pada dua pasien TB Paru yang mengalami ketidakefektifan jalan nafas. Hasil menunjukkan bahwa penerapan fisioterapi dada dan batuk efektif dapat mengatasi ketidakefektifan jalan nafas. Kesimpulan bahwa penerapan fisioterapi dada dan batuk efektif dapat mengatasi ketidakefektifan jalan nafas pada pasien TB Paru. Saran bagi perawat diharapkan dapat menerapkan fisioterapi dada dan batuk efektif untuk mengatasi ketidakefektifan bersihan jalan nafas pada pasien TB Paru.

Kata Kunci : Fisioterapi Dada dan Batuk Efektif, Tuberkulosis Paru

ABSTRACT

The Implementation of Chest and Cough Physiotherapy Effective to Overcome Airway Ineffectiveness in Pulmonary TB Patients in the Sun Room of RSI PKU Muhammadiyah Pekajangan

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Pulmonary Tuberculosis is a chronic and infectious disease caused by the bacterium *Mycobacterium tuberculosis* that attacks the lungs or can spread to various other organs of the body. Symptoms caused by Pulmonary Tuberculosis develop gradually, such as coughing for three weeks accompanied by chest pain, coughing up blood or phlegm and shortness of breath, resulting in ineffective airway clearance. One of the nursing actions that can be done is the application of effective chest and cough physiotherapy to overcome airway ineffectiveness in pulmonary TB patients. The purpose of this study describes the application of effective chest and cough physiotherapy to airway ineffectiveness in pulmonary TB patients. The study uses a descriptive case study method on two pulmonary TB patients who experience airway ineffectiveness. The results showed that the implementation of chest and cough physiotherapy was effective in overcoming airway ineffectiveness. The conclusion is that the implementation of chest physiotherapy and cough can effectively overcome airway ineffectiveness in pulmonary TB patients. Advice for nurses is expected to be able to apply effective chest physiotherapy and cough to overcome the ineffectiveness of airway clearance in pulmonary TB patients.

Keywords: Chest Physiotherapy, Effective Cough, Pulmonary Tuberculosis