

ABSTRAK

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Implementasi *Head up 30°* dan *Suctioning* Pada Pasien dengan Masalah Keperawatan Gangguan Ventilasi Spontan di Ruang ICU RSUD dr. H. Koesnadi

Xvii + 75 Halaman + 12 Tabel + 1 Gambar + 8 Lampiran

Abstrak

Gangguan ventilasi spontan merupakan salah satu masalah keperawatan kritis yang sering ditemukan pada pasien di ruang ICU, yang dapat menyebabkan hipoksia, hiperkapnia, hingga gagal napas akut. Kombinasi tindakan posisi *Head up 30°* dan *suctioning* diyakini dapat membantu memperbaiki fungsi ventilasi dan mencegah komplikasi respirasi. Penelitian ini bertujuan untuk mendeskripsikan implementasi tindakan *Head up 30°* dan *suctioning* pada pasien dengan masalah keperawatan gangguan ventilasi spontan serta mengevaluasi efektivitas tindakan tersebut dalam meningkatkan status respirasi pasien. Penelitian menggunakan metode kualitatif dengan pendekatan studi kasus pada tiga pasien di ruang ICU RSUD dr. H. Koesnadi Bondowoso. Data dikumpulkan melalui wawancara, observasi langsung, pemeriksaan fisik, serta studi dokumentasi dan laboratorium. Intervensi dilakukan selama tiga hari berturut-turut. Setelah implementasi intervensi *Head up 30°* dan *suctioning*, ketiga pasien menunjukkan peningkatan status respirasi, yang ditandai dengan peningkatan saturasi oksigen (SpO₂), penurunan penggunaan otot bantu napas, dan perbaikan nilai gas darah arteri. Suara napas abnormal seperti ronki dan wheezing berkurang secara signifikan. Evaluasi harian menunjukkan peningkatan ventilasi spontan secara klinis dan objektif. Penerapan posisi *Head up 30°* dan *suctioning* secara terstandarisasi terbukti efektif dalam meningkatkan ventilasi spontan dan oksigenasi pada pasien ICU dengan gangguan ventilasi spontan. Intervensi ini dapat dijadikan pedoman klinis dalam praktik keperawatan kritis untuk memperbaiki kualitas perawatan dan mencegah komplikasi pernapasan.

Kata Kunci: *Head up 30°*, Gangguan Ventilasi Spontan, *Suction*

ABSTRACT

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Implementation of 30° Head Up Position and Suctioning in Patients with Nursing Problems of Spontaneous Ventilation Impairment in the ICU of RSUD dr. H. Koesnadi

Xvii + 75 Pages + 12 Tables + 1 Figures + 8 Attachments

Abstract

Spontaneous ventilation impairment is a critical nursing problem frequently encountered in ICU patients, potentially leading to hypoxia, hypercapnia, and acute respiratory failure. The combined interventions of a 30° head up position and suctioning are believed to improve ventilation function and prevent respiratory complications. This study aims to describe the implementation of the 30° head up position and suctioning in patients with spontaneous ventilation problems and to evaluate the effectiveness of these interventions in improving respiratory status. This study utilized a qualitative case study approach involving three patients in the ICU of RSUD dr. H. Koesnadi Bondowoso. Data were collected through interviews, direct observations, physical examinations, and documentation reviews, including laboratory results. The interventions were implemented over three consecutive days. After the implementation of the 30° head up and suctioning interventions, all three patients showed improved respiratory status, evidenced by increased oxygen saturation (SpO₂), decreased use of accessory respiratory muscles, and improved arterial blood gas values. Abnormal breath sounds such as rhonchi and wheezing significantly decreased. Daily evaluations indicated a clinical and objective improvement in spontaneous ventilation. The standardized application of the 30° head up position and suctioning proved effective in enhancing spontaneous ventilation and oxygenation in ICU patients. These interventions may serve as clinical guidelines in critical care nursing to improve care quality and prevent respiratory complications.

Keywords: *Head up 30°, Spontaneous Ventilation Impairment, Suction,*