

ABSTRAK

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Penerapan terapi *Slow Deep Breathing* dengan Masalah Keperawatan Pola Nafas Tidak efektif pada pasien Pneumonia di Ruang Lavender RSD dr. Soebandi Jember

xv + 101 hal + 14 tabel + 7 lampiran

Abstrak

Pendahuluan: Pneumonia merupakan infeksi akut pada jaringan paru, khususnya alveoli, yang disebabkan oleh mikroorganisme seperti bakteri, virus, atau jamur. Proses inflamasi yang terjadi menyebabkan akumulasi sekret dan pembentukan eksudat di alveoli, sehingga mengganggu proses pertukaran gas. Gangguan ini dapat menurunkan saturasi oksigen dan meningkatkan frekuensi napas, yang kemudian memicu masalah pernapasan seperti pola napas tidak efektif. **Metode:** Penelitian ini menggunakan desain studi kasus pada tiga pasien pneumonia yang mengalami masalah Pola Napas Tidak Efektif di Ruang Lavender RSD dr. Soebandi Jember. Proses keperawatan meliputi pengkajian, penegakan diagnosis, perencanaan, implementasi intervensi berbasis terapi *slow deep breathing*, dan evaluasi hasil selama tiga hari. Asuhan keperawatan dilakukan berdasarkan standar SDKI, SIKI, dan SLKI. **Hasil:** Setelah tiga hari intervensi, ketiga pasien menunjukkan perbaikan klinis yang signifikan. Tanda-tanda perbaikan mencakup penurunan frekuensi napas menjadi 20–22x/menit, peningkatan saturasi oksigen menjadi 97–98%, hilangnya retraksi otot bantu napas, serta ekspresi wajah yang tampak lebih rileks. Keluhan sesak napas secara subjektif juga berkurang. Berdasarkan hasil evaluasi, status keperawatan dinyatakan teratasi sebagian, dengan intervensi terapi *slow deep breathing* terbukti memberikan efektivitas dalam perbaikan pola napas. **Kesimpulan:** Intervensi keperawatan berupa terapi *slow deep breathing* terbukti efektif dalam menangani pola napas tidak efektif pada pasien pneumonia. Meskipun belum semua pasien mencapai status “teratasi” sepenuhnya, sebagian besar indikator klinis menunjukkan kemajuan bermakna. Oleh karena itu, terapi ini dapat direkomendasikan sebagai intervensi nonfarmakologis yang sederhana namun efektif dalam asuhan keperawatan pasien pneumonia.

Kata kunci : Pneumonia, Pola nafas tidak efektif, Terapi *slow deep breathing*

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The application of Slow Deep Breathing therapy with Ineffective Breathing Pattern nursing problem in pneumonia patients in the Lavender Room of RSD dr. Soebandi Jember

xv + 101 pages + 14 tables + 7 appendices

Abstract

Background: Pneumonia is an acute infection of lung tissue, particularly the alveoli, caused by microorganisms such as bacteria, viruses, or fungi. The resulting inflammatory process causes the accumulation of secretions and the formation of exudates in the alveoli, which disrupts gas exchange. This condition may lead to decreased oxygen saturation and increased respiratory rate, triggering respiratory problems such as ineffective breathing pattern. **Method:** This study employed a case study design involving three pneumonia patients experiencing ineffective breathing pattern in the Lavender Ward of RSD dr. Soebandi Jember. The nursing process consisted of assessment, nursing diagnosis, care planning, implementation of interventions using slow deep breathing therapy, and evaluation over three consecutive days. Nursing care was carried out based on the SDKI, SIKI, and SLKI standards. **Results:** After three days of intervention, all patients showed significant clinical improvement. Improvements included a decrease in respiratory rate to 20–22 breaths per minute, increased oxygen saturation to 97–98%, absence of accessory muscle use, and more relaxed facial expressions. Subjective complaints of shortness of breath also decreased. Based on the evaluation, the nursing status was categorized as partially resolved, and slow deep breathing therapy proved effective in improving the breathing pattern. **Conclusion:** The nursing intervention using slow deep breathing therapy was effective in managing ineffective breathing pattern in pneumonia patients. Although not all patients reached a fully resolved status, most clinical indicators showed meaningful improvement. Therefore, this therapy can be recommended as a simple yet effective non-pharmacological intervention in nursing care for pneumonia patients.

Keywords: Pneumonia, Ineffective Breathing Pattern, Slow Deep Breathing Therap