

ABSTRAK

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Pemenuhan Kebutuhan Oksigenasi Pada Anak Pra Sekolah (3 – 6 Tahun) Dengan Pneumonia Melalui Teknik Pursed Lip Breathing di Ruang Melati RSUD dr. H. Koesnadi Bondowoso

XII + 58 hal + 3 tabel + 6 lampiran

Abstrak

Pendahuluan: Pneumonia merupakan penyebab utama morbiditas dan mortalitas pada anak pra sekolah (3–6 tahun) yang ditandai dengan gangguan oksigenasi seperti takipnea, penggunaan otot bantu napas dan penurunan saturasi oksigen. Salah satu intervensi nonfarmakologis yang dapat membantu adalah teknik Pursed Lip Breathing (PLB). Penelitian ini bertujuan untuk mengevaluasi penerapan teknik PLB dalam memenuhi kebutuhan oksigenasi pada anak pra sekolah dengan pneumonia. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif pada tiga anak usia 3–6 tahun dengan pneumonia di Ruang Melati RSUD dr. H. Koesnadi Bondowoso. Intervensi PLB dilakukan selama tiga hari berturut-turut masing-masing sesi berdurasi 3–5 menit dengan memposisikan semi-Fowler. Data dikumpulkan melalui pengkajian tanda-tanda vital, saturasi oksigen (SpO₂) dan pemeriksaan suara napas sebelum dan sesudah intervensi. **Hasil:** Hasil menunjukkan penurunan frekuensi napas pada hari ketiga yaitu An.R dari 35x/menit menjadi 27x/menit, An.F dari 38x/menit menjadi 30x/menit dan An.S dari 46x/menit menjadi 32x/menit. Saturasi oksigen meningkat atau stabil (An.R tetap 99%, An.F dari 98% menjadi 100%, An.S tetap 99%). Suara napas ronkhi halus menghilang pada An.R dan An.F sedangkan pada An.S masih terdengar ringan. **Kesimpulan:** Teknik PLB efektif memperbaiki ventilasi alveolar, meningkatkan oksigenasi dan menurunkan kerja napas pada anak pra sekolah dengan pneumonia. Intervensi ini direkomendasikan sebagai perawatan nonfarmakologis di fasilitas kesehatan maupun edukasi bagi keluarga. **Kata Kunci:** anak pra sekolah, oksigenasi, *Pursed Lip Breathing*, pneumonia

ABSTRACT

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Oxygenation Needs Fulfillment in Preschool Children (3–6 Years) with Pneumonia Through Pursued Lip Breathing Technique in Melati Ward of RSUD dr. H. Koesnadi Bondowoso

XII + 58 pages + 3 tables + 6 appendices

Abstract

Introduction: Pneumonia was a leading cause of morbidity and mortality in preschool children (3–6 years), characterized by oxygenation disorders such as tachypnea, the use of accessory respiratory muscles, and decreased oxygen saturation. One non-pharmacological intervention that could help was the Pursued Lip Breathing (PLB) technique. This study aimed to evaluate the implementation of PLB to fulfill oxygenation needs in preschool children with pneumonia. **Methods:** This study used a descriptive case study design on three children aged 3–6 years with pneumonia in Melati Ward of Dr. H. Koesnadi Hospital Bondowoso. The PLB intervention was performed for three consecutive days, with each session lasting 3–5 minutes in a semi-Fowler position. Data were collected through assessment of vital signs, oxygen saturation (SpO_2), and lung sound examination before and after the intervention. **Results:** The results showed a decrease in respiratory rate on the third day: An.R from 35 breaths/minute to 27 breaths/minute, An.F from 38 breaths/minute to 30 breaths/minute, and An.S from 46 breaths/minute to 32 breaths/minute. Oxygen saturation increased or remained stable (An.R at 99%, An.F from 98% to 100%, An.S at 99%). Fine crackles disappeared in An.R and An.F, while in An.S they were still slightly audible. **Conclusion:** The PLB technique was effective in improving alveolar ventilation, increasing oxygenation, and reducing respiratory effort in preschool children with pneumonia. This intervention is recommended as a non-pharmacological treatment in healthcare facilities and as family education for home care.

Keywords: Oxygenation, Preschool Children, Pursued Lip Breathing, Pneumonia