

ABSTRAK

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Efektifitas Pemberian Semi Fowler dan Terapi *Pursed Lips Breathing* terhadap Masalah Oksigenasi pada Pasien Pneumonia di Ruang Lavender RSD dr. Soebandi Jember

Xvi + 90 halaman + 11 tabel + 1 gambar + 7 lampiran

Abstrak

Pendahuluan: Pneumonia tetap menjadi penyebab utama gangguan respirasi yang ditandai dengan ketidakefektifan pola napas dan pembersihan jalan napas. Penelitian ini bertujuan untuk melaksanakan asuhan keperawatan komprehensif dengan fokus pada stabilisasi ventilasi dan klirens jalan napas pada pasien Pneumonia. **Metode:** Desain penelitian ini adalah studi kasus deskriptif pada tiga responden di Ruang Lavender selama tiga hari. Intervensi keperawatan utama meliputi pengaturan posisi *Semi-Fowler*, latihan *Pursed Lips Breathing* (PLB), dan batuk efektif yang dikombinasikan dengan terapi bronkodilator. **Hasil:** Hasil pengkajian menunjukkan ketiga pasien mengalami dispnea penurunan saturasi oksigen, dan batuk berdahak. Implementasi posisi *Semi-Fowler* dan *Pursed Lips Breathing* (PLB) secara konsisten terbukti memperbaiki status respirasi pada pasien. Pada pasien dengan masalah bersihan jalan napas mendapatkan perlakuan tambahan berupa nebulisasi dan batuk efektif untuk mengoptimalkan pengeluaran sekret. Evaluasi menunjukkan seluruh kriteria hasil tercapai: frekuensi napas stabil (20 x/menit), SpO₂ meningkat (97-98%), dan suara napas bersih. **Pembahasan:** Sinkronisasi antara optimalisasi posisi dan teknik pernapasan mandiri merupakan faktor kunci keberhasilan asuhan. Posisi *Semi-Fowler* memberikan ruang ekspansi paru maksimal, sementara *Pursed Lips Breathing* (PLB) menciptakan tekanan positif untuk mencegah kolaps alveoli. Kemandirian pasien dalam manajemen napas sangat menentukan keberhasilan *discharge planning*.

Kata Kunci: Pneumonia, *Semi-Fowler*, *Pursed Lips Breathing* (PLB), Batuk Efektif, Asuhan Keperawatan.

ABSTRACT

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The Effectiveness of Semi-Fowler's Position and Pursed Lips Breathing Therapy on Oxygenation Problems in Pneumonia Patients in the Lavender Room of Dr. Soebandi Regional Hospital, Jember
Xvi + 90 pages + 11 tables + 1 figure + 7 appendices

Abstract

Introduction: *Pneumonia remains a major cause of respiratory distress characterized by ineffective breathing patterns and airway clearance. This study aims to implement comprehensive nursing care with a focus on stabilizing ventilation and airway clearance in Pneumonia patients.* **Methods:** *This study design is a descriptive case study of three respondents in the Lavender Room for three days. The main nursing interventions included Semi-Fowler's position, Pursed Lips Breathing (PLB) exercises, and effective coughing combined with bronchodilator therapy.* **Results:** *The assessment results showed that all three patients experienced dyspnea, decreased oxygen saturation, and cough with phlegm. Implementation of the Semi-Fowler's position and Pursed Lips Breathing (PLB) has consistently been shown to improve respiratory status in patients. Patients with airway clearance problems received additional treatment in the form of nebulization and effective coughing to optimize secretion removal. Evaluation showed that all outcome criteria were achieved: stable respiratory rate (20 x/minute), increased SpO₂ (97-98%), and clear breath sounds.* **Discussion:** *Synchronization between position optimization and self-directed breathing techniques is a key factor in successful care. The semi-Fowler's position provides maximum lung expansion, while Pursed Lips Breathing (PLB) creates positive pressure to prevent alveolar collapse. Patient independence in breathing management is crucial for successful discharge planning.*

Keywords: *Pneumonia, Semi-Fowler, Pursed Lips Breathing, Effective Cough, Nursing Care.*