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**IMPLEMENTASI TEKNIK *CLAPPING* DAN *VIBRASI* PADA PASIEN
DENGAN MASALAH KEPERAWATAN BERSIHAN JALAN NAPAS TIDAK
EFEKTIF DI RSD KALISAT**

2 abstrak+ 32 halaman+ 4 tabel+ 8 lampiran

ABSTRAK

Latar Belakang: Bersihan jalan napas tidak efektif merupakan kondisi ketika pasien mengalami kesulitan mengeluarkan sekret atau mengatasi obstruksi jalan napas. Teknik *clapping* dan *vibrasi* dapat digunakan untuk membantu melonggarkan serta mengeluarkan sekret. **Tujuan:** Mengimplementasikan teknik *clapping* dan *vibrasi* pada pasien dengan masalah keperawatan bersihan jalan napas tidak efektif. **Metode:** penelitian kualitatif dengan pendekatan studi kasus pada satu pasien di Ruang Merpati RSD Kalisat Jember. Data dikumpulkan melalui anamnesis, observasi, pemeriksaan fisik dan dokumentasi. Implementasi dilakukan selama 3 hari dengan tindakan memantau pola napas, bunyi napas tambahan, memposisikan pasien semi fowler, menganjurkan minum air hangat, melakukan teknik *clapping* dan *vibrasi*, serta mengajarkan batuk efektif. **Hasil:** Hari pertama pasien mengalami sesak napas, sekret kental sulit dikeluarkan, frekuensi napas 28x/menit (takipnea), penggunaan otot bantu napas, suara napas tambahan ronki pada paru sinistra ICS 2–3, dan SpO₂ 96% dengan nasal kanul 2 lpm. Setelah tiga hari intervensi, sekret menjadi lebih encer dan mudah dikeluarkan, frekuensi napas menurun menjadi 20x/menit, penggunaan otot bantu napas menghilang, dan suara ronki tidak terdengar. **Kesimpulan:** Implementasi teknik *clapping* dan *vibrasi* membantu pengeluaran sekret dan memperbaiki ventilasi pernapasan sehingga masalah bersihan jalan napas tidak efektif dapat teratasi.

Kata Kunci: Bersihan jalan napas tidak efektif, *Clapping*, *Vibrasi*, Pneumonia.

MUHAMMADIYAH UNIVERSITY OF JEMBER
DIPLOMA III NURSING STUDY PROGRAM
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Scientific Paper
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**IMPLEMENTATION OF CLAPPING AND VIBRATION TECHNIQUES IN
PATIENTS WITH THE NURSING PROBLEM OF INEFFECTIVE AIRWAY
CLEARANCE AT KALISAT REGIONAL HOSPITAL**

2 Abstracts + 32 Pages + 4 Tables + 8 Appendices

ABSTRACT

Background: Ineffective airway clearance is a condition in which patients experience difficulty clearing secretions or overcoming airway obstruction. Clapping and vibration techniques can be used to help loosen and remove secretions. **Objective:** To implement clapping and vibration techniques in patients with the nursing problem of ineffective airway clearance. **Methods:** This study employed a qualitative approach with a case study design involving one patient in the Merpati Ward of Kalisat Regional Hospital, Jember. Data were collected through history taking, observation, physical examination, and documentation. The intervention was carried out for three consecutive days by monitoring respiratory patterns and additional breath sounds, positioning the patient in a semi-Fowler position, encouraging warm water intake, performing clapping and vibration techniques, and teaching effective coughing. **Results:** On the first day, the patient experienced shortness of breath, thick sputum that was difficult to expectorate, a respiratory rate of 28 breaths/minute (tachypnea), use of accessory respiratory muscles, rhonchi in the left lung at the 2nd–3rd intercostal spaces, and an SpO₂ of 96% with a nasal cannula at 2 L/min. After three days of intervention, the sputum became thinner and easier to expel, the respiratory rate decreased to 20 breaths/minute, the use of accessory muscles disappeared, and rhonchi were no longer heard. **Conclusion:** The implementation of clapping and vibration techniques helped facilitate sputum clearance and improve respiratory ventilation, thereby resolving the problem of ineffective airway clearance.

Keywords: Ineffective Airway Clearance, Clapping, Vibration, Pneumonia.