ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI DIII KEPERAWATAN
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Implementasi Teknik Napas Dalam Sebagai Upaya Menurunkan Gangguan Pertukaran Gas Pada Pasien Asma Kronis di IGD RSUD dr. H. Koesnadi Bondowoso
xix | 82 halaman | 3 tabel | 11 lampiran

Abstrak

Latar Belakang: Asma merupakan penyakit inflamasi kronis saluran napas yang dapat menyebabkan gangguan pertukaran gas akibat penyempitan jalan napas. Kondisi ini sering menimbulkan sesak napas, penurunan saturasi oksigen, serta peningkatan kerja pernapasan yang memerlukan penanganan segera di Instalasi Gawat Darurat (IGD). Salah satu intervensi keperawatan nonfarmakologis yang dapat dilakukan adalah teknik napas dalam untuk meningkatkan ventilasi paru dan oksigenasi.**Tujuan:** Mendeskripsikan implementasi teknik napas dalam sebagai upaya menurunkan gangguan pertukaran gas pada pasien asma kronis di IGD RSUD dr. H. Koesnadi Bondowoso. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif pada satu pasien asma kronis yang mengalami gangguan pertukaran gas. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Intervensi teknik napas dalam diberikan disertai observasi perubahan kondisi respirasi dan saturasi oksigen pasien. **Hasil:** Sebelum intervensi, pasien mengalami sesak napas, penggunaan otot bantu pernapasan, retraksi dinding dada, dan saturasi oksigen sebesar 85%. Setelah diberikan teknik napas dalam, terapi oksigen, dan posisi semi Fowler, kondisi pasien menunjukkan perbaikan secara bertahap. Saturasi oksigen meningkat menjadi 94%, kemudian 95%, 96%, 97%, hingga mencapai 99%. Keluhan sesak napas berkurang, penggunaan otot bantu napas menurun, dan pasien tampak lebih rileks. **Kesimpulan:** Implementasi teknik napas dalam dapat membantu meningkatkan saturasi oksigen dan menurunkan gangguan pertukaran gas pada pasien asma kronis di IGD. Teknik ini dapat digunakan sebagai intervensi keperawatan nonfarmakologis yang sederhana, aman, dan efektif dalam mendukung perbaikan status respirasi pasien.

Kata kunci: Teknik napas dalam, Gangguan pertukaran gas, Asma kronis, Saturasi oksigen, Keperawatan gawat darurat.

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
VOCATIONAL NURSING STUDY PROGRAM
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Scientific Paper
(Ehsan Ariski)

Implementation of Deep Breathing Technique as an Effort to Reduce Impaired Gas Exchange in Patients with Chronic Asthma at the Emergency Department of dr. H. Koesnadi Bondowoso Regional Hospital.

xix | 82 pages | 3 tables | 11 appendices

Abstract

Background: Asthma is a chronic inflammatory airway disease that can lead to impaired gas exchange due to airway narrowing. This condition often causes shortness of breath, decreased oxygen saturation, and increased work of breathing, requiring immediate treatment in the Emergency Department (ED). One of the non-pharmacological nursing interventions that can be applied is the deep breathing technique to improve pulmonary ventilation and oxygenation **Objective:** To describe the implementation of the deep breathing technique as an effort to reduce impaired gas exchange in a patient with chronic asthma at the Emergency Department of dr. H. Koesnadi Bondowoso Hospital. **Methods:** This study employed a descriptive case study design involving one patient with chronic asthma who experienced impaired gas exchange. Data were collected through interviews, observations, physical examinations, and documentation. The deep breathing technique was implemented while monitoring changes in respiratory status and oxygen saturation. **Results:** Prior to the intervention, the patient experienced dyspnea, use of accessory respiratory muscles, chest wall retractions, and an oxygen saturation level of 85%. After the implementation of the deep breathing technique, oxygen therapy, and semi-Fowler positioning, the patient's condition gradually improved. Oxygen saturation increased to 94%, then 95%, 96%, 97%, and finally reached 99%. Shortness of breath decreased, the use of accessory muscles was reduced, and the patient appeared more relaxed. **Conclusion:** The implementation of the deep breathing technique can help improve oxygen saturation and reduce impaired gas exchange in patients with chronic asthma in the Emergency Department. This technique can be used as a simple, safe, and effective non-pharmacological nursing intervention to support the improvement of patients' respiratory status.

Keywords: Deep breathing technique, Impaired gas exchange, Chronic asthma, Oxygen saturation, Emergency nursing.