

ABSTRAK

UNIVERSITAS MUHAMADIYAH JEMBER
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Implementasi Teknik Pernapasan Buteyko dalam Meningkatkan Saturasi Oksigen pada Pasien Asma di Instalasi Gawat Darurat RSUD Koesnadi Bondowoso

xvi + 48 Halaman + 3 Tabel + 5 Lampiran

Asma merupakan penyakit inflamasi kronis pada saluran napas yang ditandai dengan penyempitan jalan napas sehingga menyebabkan sesak napas, peningkatan frekuensi pernapasan, dan penurunan saturasi oksigen. Salah satu intervensi keperawatan nonfarmakologis yang dapat diterapkan untuk membantu meningkatkan ventilasi dan oksigenasi adalah teknik pernapasan Buteyko. Penelitian ini bertujuan mendeskripsikan implementasi teknik pernapasan Buteyko dalam meningkatkan saturasi oksigen pada pasien asma di Instalasi Gawat Darurat RSUD Koesnadi Bondowoso. Penelitian menggunakan desain studi kasus dengan pendekatan implementasi asuhan keperawatan pada tiga pasien asma yang mengalami penurunan saturasi oksigen. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dokumentasi, serta pengukuran saturasi oksigen menggunakan pulse oximeter sebelum dan sesudah pemberian teknik pernapasan Buteyko selama 15–20 menit. Data dianalisis secara deskriptif. Hasil penelitian menunjukkan bahwa seluruh pasien mengalami peningkatan saturasi oksigen, penurunan frekuensi pernapasan, berkurangnya penggunaan otot bantu napas, serta penurunan keluhan sesak napas setelah dilakukan teknik pernapasan Buteyko. Selain itu, pasien tampak lebih rileks sehingga proses ventilasi berlangsung lebih efektif. Berdasarkan hasil tersebut, teknik pernapasan Buteyko dapat menjadi intervensi keperawatan nonfarmakologis yang efektif, aman, dan mudah diterapkan untuk membantu meningkatkan saturasi oksigen serta memperbaiki status respirasi pada pasien asma sebagai pendamping terapi medis di Instalasi Gawat Darurat.

Kata kunci : Asma Teknik Pernapasan Buteyko; Instalasi Gawat Darurat; Saturasi Oksigen, Keperawatan.

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ABSTRACT

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Implementation of the Buteyko Breathing Technique to Improve Oxygen Saturation in Asthma Patients at the Emergency Department of Koesnadi Regional Hospital, Bondowoso

xvii + 48 Pages + 3 Tables + 5 Appendices

Asthma is a chronic inflammatory disease of the airways characterized by airway narrowing, resulting in shortness of breath, increased respiratory rate, and decreased oxygen saturation. In addition to pharmacological therapy, non-pharmacological interventions such as the Buteyko breathing technique can be applied to improve ventilation and oxygenation. This study aimed to describe the implementation of the Buteyko breathing technique in improving oxygen saturation among asthma patients in the Emergency Department of Koesnadi Bondowoso Regional General Hospital. This study employed a case study design using a nursing care implementation approach involving three asthma patients with decreased oxygen saturation. Data were collected through interviews, observations, physical examinations, documentation, and oxygen saturation measurements using a pulse oximeter before and after the implementation of the Buteyko breathing technique for 15–20 minutes. The data were analyzed descriptively. The results showed that all patients experienced an increase in oxygen saturation, a reduction in respiratory rate, decreased use of accessory respiratory muscles, and alleviation of dyspnea following the implementation of the Buteyko breathing technique. Furthermore, patients appeared more relaxed, allowing ventilation to become more effective. These findings indicate that the Buteyko breathing technique can serve as an effective, safe, and easily applicable non-pharmacological nursing intervention to improve oxygen saturation and respiratory status in asthma patients as an adjunct to medical therapy in the Emergency Department.

Keywords : Asthma; Buteyko Breathing Technique; Oxygen Saturation; Nursing; Emergency Department.

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