

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

Karya Ilmiah Akhir, Juni 2026
Nurul Akbar Naqsyabandi, S.Kep

Implementasi Inhalasi Uap Hangat dengan Oleum Cajuputi pada Pasien Pneumonia dengan Masalah Keperawatan Bersihan Jalan Napas Tidak Efektif di Ruang Lavender RSD dr. Soebandi Jember

xvi + 98 halaman + 16 tabel + 3 gambar + 1 lampiran

Abstrak

Pendahuluan: Pneumonia merupakan penyakit infeksi saluran pernapasan bawah yang masih menjadi penyebab utama morbiditas dan mortalitas. Peningkatan produksi sekret pada pasien pneumonia sering menimbulkan masalah keperawatan bersihan jalan napas tidak efektif yang dapat mengganggu ventilasi dan pertukaran gas. Salah satu intervensi nonfarmakologis yang dapat diterapkan adalah inhalasi uap hangat dengan Oleum Cajuputi untuk membantu mengencerkan sekret dan mempermudah pengeluarannya. Metode: Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus pada tiga pasien pneumonia dengan masalah keperawatan bersihan jalan napas tidak efektif di Ruang Lavender RSD dr. Soebandi Jember. Intervensi berupa inhalasi uap hangat dengan Oleum Cajuputi diberikan selama 10–15 menit sesuai standar operasional prosedur dan dilakukan selama tiga hari. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, serta studi dokumentasi menggunakan lembar pengkajian dan hasil pemeriksaan penunjang. Hasil: Ketiga pasien menunjukkan perbaikan bersihan jalan napas, ditandai sekret lebih mudah dikeluarkan, sesak napas dan ronki berkurang, frekuensi napas membaik, serta saturasi oksigen meningkat. Perbaikan paling cepat terjadi pada dua pasien, sedangkan satu pasien mengalami peningkatan bertahap. Pembahasan: Inhalasi uap hangat dengan Oleum Cajuputi meningkatkan kelembapan mukosa saluran napas sehingga membantu mengencerkan sekret dan mempermudah mobilisasi sputum melalui mekanisme mukosilia. Kandungan eucalyptol (cineole) dalam Oleum Cajuputi juga memberikan efek dekongestan yang meningkatkan kenyamanan pernapasan. Kombinasi terapi ini dengan asuhan keperawatan dan terapi medis memberikan kontribusi terhadap peningkatan bersihan jalan napas pada pasien pneumonia. Kata Kunci: Pneumonia, Inhalasi Uap Hangat, Oleum Cajuputi, Bersihan Jalan Napas Tidak Efektif, Asuhan Keperawatan

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
PROFESSIONAL NURSING PROGRAM
FACULTY OF HEALTH SCIENCES

Final Scientific Work, June 2026
Nurul Akbar Naqsyabandi, S.Kep.

Implementation of Warm Steam Inhalation with Oleum Cajuputi in Patients with Pneumonia and the Nursing Problem of Ineffective Airway Clearance in the Lavender Ward of RSD dr. Soebandi Jember

xvi + 98 pages + 16 tables + 3 figures + 1 appendix

Abstract

Introduction: Pneumonia is a lower respiratory tract infection that remains one of the leading causes of morbidity and mortality. Excessive airway secretion in patients with pneumonia frequently results in the nursing problem of ineffective airway clearance, which may impair ventilation and gas exchange. One complementary non-pharmacological intervention that can be applied is warm steam inhalation with Oleum Cajuputi, which helps liquefy respiratory secretions and facilitates their expectoration. Methods: This study employed a descriptive case study design involving three patients with pneumonia who experienced ineffective airway clearance in the Lavender Ward of RSD dr. Soebandi Jember. The nursing intervention consisted of warm steam inhalation with Oleum Cajuputi for 10–15 minutes following the standard operating procedure and was administered for three consecutive days. Data were collected through interviews, observation, physical examination, and documentation review. Results: All three patients demonstrated improvement in airway clearance, as evidenced by easier sputum expectoration, reduced dyspnea and adventitious breath sounds (rhonchi), improved respiratory rate, and increased oxygen saturation. Two patients showed more rapid improvement, while one patient experienced gradual clinical improvement throughout the intervention period. Discussion: Warm steam inhalation with Oleum Cajuputi increases the moisture of the respiratory mucosa, thereby thinning airway secretions and facilitating mucociliary clearance. In addition, the eucalyptol (cineole) content of Oleum Cajuputi provides a decongestant effect that enhances respiratory comfort. The combination of this intervention with comprehensive nursing care and medical therapy contributed to improved airway clearance in patients with pneumonia. Keywords: Pneumonia, Warm Steam Inhalation, Oleum Cajuputi, Ineffective Airway Clearance, Nursing Care.