

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

Karya Ilmiah Akhir, Juli 2026

Eva Erliyana, S.Kep

Implementasi *Slow Deep Breathing* Pada Pasien Chronic Kidney Disease Dengan Pola Napas Tidak Efektif di RS dr. Soebandi Jember
xvi + 97 halaman + 14 tabel + 2 gambar

Abstrak

Pendahuluan: Masalah keperawatan utama dalam asuhan ini adalah pola napas tidak efektif, yang ditandai dengan sesak napas (dispnea), takipnea, dan penggunaan otot bantu pernapasan. Kondisi ini menjadi prioritas kritis karena berdampak langsung pada kegagalan pemenuhan oksigenasi jaringan, penurunan toleransi aktivitas, hingga risiko gagal napas yang memperburuk prognosis klinis pasien. **Metode:** Desain penulisan menggunakan pendekatan studi kasus asuhan keperawatan yang komprehensif selama 3x24 jam pada tiga pasien kelolaan dengan diagnosis medis CKD Stage V di RSD dr. Soebandi Jember. Intervensi utama yang diberikan latihan teknik SDB selama 15 menit dengan frekuensi 2 kali sehari. **Hasil:** Pengkajian awal menunjukkan ketiga pasien mengalami dispnea, penurunan saturasi oksigen, serta takipnea dengan frekuensi pernapasan di atas rentang normal. Implementasi latihan *Slow Deep Breathing* (SDB) secara konsisten terbukti efektif memperbaiki status respirasi pasien secara signifikan. Setelah intervensi selama tiga hari, evaluasi akhir menunjukkan seluruh kriteria hasil berhasil tercapai. Hal ini ditandai dengan frekuensi napas yang kembali stabil di angka 20 kali/menit, peningkatan saturasi oksigen (SpO₂) mencapai 98%–99%, serta hilangnya keluhan sesak napas dan penggunaan otot bantu pernapasan. **Pembahasan:** Pemberian teknik pernapasan SDB secara mandiri menjadi faktor kunci keberhasilan asuhan. *Slow Deep Breathing* (SDB) merangsang sistem saraf parasimpatis untuk menurunkan frekuensi napas sekaligus meningkatkan ventilasi alveolar. Selain memberikan efek fisiologis instan terhadap perbaikan oksigenasi, penguasaan teknik ini secara mandiri sangat menentukan keberhasilan program perencanaan pulang (*discharge planning*) bagi pasien (Fadila et al., 2024).

Kata Kunci: Pola Napas Tidak Efektif, *Slow Deep Breathing* (SDB), Asuhan Keperawatan, Gangguan Oksigenasi, *Chronic Kidney Disease*.

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
NURSING PROFESSIONAL STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Final Scientific Paper, July 2026

Eva Erliyana, S.Kep

Implementation of Slow Deep Breathing in Chronic Kidney Disease Patients with Ineffective Breathing Patterns at Dr. Soebandi Regional General Hospital, Jember
xvi + 97 pages + 14 tables + 2 image

Abstract

Introduction: The primary nursing problem in this care is an ineffective breathing pattern, characterized by shortness of breath (dyspnea), tachypnea, and the use of accessory respiratory muscles. This condition is a critical priority because it directly impacts the failure of tissue oxygenation, decreased activity tolerance, and the risk of respiratory failure, which worsens the patient's clinical prognosis.

Methods: The design utilized a comprehensive nursing care case study approach over a 3x24-hour period on three managed patients with a medical diagnosis of Stage V CKD at RSD dr. Soebandi Jember. The primary intervention provided was Slow Deep Breathing (SDB) technique training for 15 minutes with a frequency of twice daily. **Results:** Initial assessment showed that all three patients experienced dyspnea, decreased oxygen saturation, and tachypnea with a respiratory rate above the normal range. The consistent implementation of Slow Deep Breathing (SDB) exercises was proven effective in significantly improving the patients' respiratory status. After a three-day intervention, the final evaluation showed that all outcome criteria were successfully achieved. This was indicated by a stabilized respiratory rate at 20 breaths/minute, an increase in oxygen saturation (SpO₂) reaching 98%–99%, and the resolution of shortness of breath and the use of accessory respiratory muscles. **Discussion:** Providing the SDB breathing technique independently was a key factor in the success of the care. Slow Deep Breathing (SDB) stimulates the parasympathetic nervous system to lower the respiratory rate while increasing alveolar ventilation. In addition to providing an instant physiological effect on oxygenation improvement, mastering this technique independently is crucial to the success of the patient's discharge planning program (Fadila et al., 2024).

Keywords: Ineffective Breathing Pattern, Slow Deep Breathing (SDB), Nursing Care, Oxygenation Impairment, Chronic Kidney Disease.