

POLITEKNIK KESEHATAN KEMENTRIAN KESEHATAN  
TANJUNGPURANG  
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI

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PENERAPAN TERAPI INHALASI UAP MINYAK KAYU PUTIH PADA  
LANJIA PENDERITA ASMA BRONKHIAL YANG MENGALAMI MASALAH  
KEPERAWATAN BERSIHAN JALAN NAPAS TIDAK EFEKTIF DI WILAYAH  
KERJA PUSKESMAS KOTABUMI II LAMPUNG UTARA

xvii + 32 halaman + 4 tabel + 6 lampiran

**ABSTRAK**

Lansia yang menderita asma akan mengalami gejala berupa sesak napas yang lebih buruk. Asma merupakan radang kronik bersifat hiperresponsif sehingga jalan napas menjadi tersumbat dan aliran terhambat karena konstruksi bronkus sehingga napas menjadi sesak. Pemberian inhalasi uap dengan aromaterapi minyak kayu putih dapat menjadi pilihan intervensi dalam mengatasi sesak. Penelitian ini bertujuan memberikan gambaran penerapan terapi inhalasi uap menggunakan minyak kayu putih pada lansia penderita asma bronkial untuk mengatasi masalah keperawatan bersihan jalan napas tidak efektif. Desain penelitian yang digunakan adalah deskriptif dengan metode studi kasus dengan pendekatan asuhan keperawatan. Subyek penelitian adalah lansia usia di atas 60 tahun data di kumpulkan dengan wawancara dan observasi, diagnosis yang ditegakkan bersihan jalan napas tidak efektif. Implementasi yang dilakukan adalah terapi inhalasi uap menggunakan minyak kayu putih. 3 kali terbimbing dan 3 kali mandiri dilakukan selama 10-15 menit. Evaluasi meliputi aktivitas fisik meningkat keluhan sesak menurun, produksi sputum menurun, bunyi wheezing menurun, frekuensi napas membaik, pola napas membaik dan saturasi oksigen meningkat. Hasil dari penelitian ini setelah dilakukan terapi inhalasi uap yang dilakukan selama 3 hari didapatkan masalah keperawatan bersihan jalan napas tidak efektif teratasi ditandai dengan Tn.K mampu mengeluarkan dahak, tidak terdengar suara wheezing dan terjadi penurunan produksi sputum.

Kata kunci : Asma, terapi inhalasi uap, bersihan jalan napas.  
Daftar bacaan : 21 (2017-2023)

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*IMPLEMENTATION OF WHITEWOOD OIL VAPOR INHALATION THERAPY  
ON ELDERLY PEOPLE WITH BRONCHIAL ASTHMA WHO EXPERIENCE  
INEFFECTIVE BREATHWAY CLEANING PROBLEMS IN THE WORKING AREA  
OF THE KOTABUMI II LAMPUNG UTARA HEALTH CENTER*

*xvii + 32 page + 4 tables + 6 appendices*

**ABSTRACT**

*Elderly people who suffer from asthma will experience symptoms in the form of worse shortness of breath. Asthma is a chronic inflammation that is hyper-responsive so that the airway becomes blocked and the flow is obstructed due to the constriction of the bronchi so that breathing becomes short. Providing steam inhalation with eucalyptus oil aromatherapy can be an intervention option in treating shortness of breath. This study aims to provide an overview of the application of steam inhalation therapy using eucalyptus oil in elderly people suffering from bronchial asthma to overcome the problem of ineffective airway clearance. The research design used was descriptive with a case study method with a nursing care approach. The research subjects were elderly people aged over 60 years. Data was collected by interview and observation. The diagnosis was that airway clearance was ineffective. The implementation is steam inhalation therapy using eucalyptus oil. 3 guided sessions and 3 independent sessions for 10-15 minutes. Evaluation includes increased physical activity, decreased shortness of breath, decreased sputum production, decreased wheezing sounds, improved respiratory frequency, improved breathing patterns and increased oxygen saturation. The results of this study, after steam inhalation therapy was carried out for 3 days, showed that the problem of ineffective airway clearance nursing was resolved, as indicated by Mr. K being able to expel phlegm, wheezing was not heard and there was a decrease in sputum production.*

*Key words : Asthma, steam inhalation therapy, airway clearance  
Reading list : 21 (2017-2023)*