

POLITEKNIK KESEHATAN TANJUNG KARANG
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, 12 Mei 2022

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Asuhan Keperawatan Pasien Dengan Gangguan Oksigenasi Pada Kasus *Efusi Pleura* Terhadap Ny. H Di Ruang Paru RSD Mayjend HM Ryacudu Kotabumi Lampung Utara Tanggal 21-23 Februari 2022

xvi + 58 halaman, 7 tabel, 3 gambar

RINGKASAN

Penderita *efusi pleura* akan mengalami kesulitan bernafas dan dapat mengancam jiwa. Kasus *efusi pleura* di dunia cukup besar menempati posisi ke tiga sesudah kanker paru-paru sekitar 10-15 juta dengan angka kematian mencapai 100-200 ribu setiap tahun. Kasus *efusi pleura* di Indonesia menyentuh angka 2,7% dari penyakit ISPA lainnya. Tujuan penulisan Laporan tugas akhir memberikan gambaran tentang asuhan keperawatan *efusi pleura* pada Ny. H dengan gangguan kebutuhan oksigenasi di Ruang Paru RSD Mayjend HM Ryacudu Kotabumi Lampung Utara Pada Tanggal 21-23 Februari 2022. Bagaimana Asuhan Keperawatan *Efusi Pleura* pada Ny. H Dengan Gangguan Kebutuhan Oksigenasi di Ruang Paru RSD Mayjend HM Ryacudu Kotabumi Lampung Utara Pada Tanggal 21-23 Februari 2022.

Diagnosa keperawatan menurut standar diagnosis keperawatan Indonesia meliputi : pola nafas tidak efektif, gangguan pola tidur, intoleransi aktifitas, defisit perawatan diri : *toileting*, dan defisit pengetahuan tentang proses penyakit paru. Perencanaan keperawatan meliputi luaran : Pola nafas membaik, pola tidur membaik, dan toleransi aktifitas meningkat. Intervensi : Manajemen jalan nafas, dukungan tidur, manajemen energi. Implementasi yang dilakukan monitor jalan nafas, monitor bunyi nafas tambahan, posisikan *semi-Fowler* atau *Fowler*, berikan oksigen, monitor tanda-tanda vital, ajarkan teknik relaksasi nafas dalam, kolaborasi tindakan pungsi pleura. Evaluasi selama tiga hari menunjukkan masalah keperawatan teratasi : intoleransi aktivitas dibuktikan dengan toleransi aktifitas meningkat, gangguan pola tidur dibuktikan dengan pola tidur membaik. Masalah keperawatan teratasi sebagian : Bersihan jalan nafas tidak efektif.

Simpulan laporan tugas akhir ini adalah teori keperawatan *efusi pleura* sesuai dengan keadaan klien. Saran dari laporan ini diharapkan RSD Mayjend HM Ryacudu Kotabumi Lampung Utara mengevaluasi kembali asuhan keperawatan yang telah dilaksanakan dan memberikan pendidikan kesehatan tentang proses penyakit paru.

Kata kunci : Asuhan Keperawatan, *Efusi Pleura*, Oksigenasi
Daftar bacaan : 21 (2012-2020)

TANJUNG KARANG HEALTH POLYTECHNIC OF
KOTABUMI NURSING STUDY PROGRAM
Final Project Report, May 12, 2022

Luthfi Firmanda,

Nursing Care for Ms. H With disorder Oxygenation of pleural effusion in the Lung Room, Kotabumi General Hospital. 21th until 23th February 2022.

xvi + 58 pages, 7 tables, 3 pictures

ABSTRACT

Patients pleural effusion will have difficulty breathing and can be life-threatening. Pleural effusion cases in the world are quite large, occupying the third position after lung cancer, around 10-15 million with a mortality rate of 100-200 thousand every year. cases Pleural effusion in Indonesia touch 2.7% of other acute respiratory infections diseases. The purpose of writing the final project report describes the Nursing Care for Ms. H With disorder Oxygenation of pleural effusion in the Lung Room, Kotabumi General Hospital. 21th until 23th February 2022. How is Nursing Care for Ms. H With disorder Oxygenation of pleural effusion in the Lung Room, Kotabumi General Hospital. 21th until 23th February 2022.

Nursing diagnoses according to the Indonesian Nursing Diagnosis Standards included: ineffective breathing patterns, disturbed sleep patterns, activity intolerance, self-care deficits: toileting, and knowledge deficits on the management of lung disease. Nursing care plan outcomes: improved breathing patterns, improved sleep patterns, and increased activity tolerance. Interventions: Airway management, sleep support, energy management. The implementation included monitoring the airway, monitoring additional breath sounds, positioning semi-Fowler or Fowler, giving oxygen, monitoring vital sign, teaching deep breathing relaxation techniques, collaborative pleural puncture actions. Evaluation for three days showed that nursing problems were resolved: Ineffective breathing patterns as evidenced by improved breathing patterns, disturbed sleep patterns as evidenced by improved sleep patterns, activity intolerance as evidenced by increased activity tolerance.

The conclusion of this final report is the theory of pleural effusion according to the client's condition. Recommended from this report are expected to Mayjend HM Ryacudu Hospital Kotabumi, North Lampung, to re-evaluate the nursing care that has been implemented and provide health education about lung disease progress.

Keywords : Nursing Care, Pleural Effusion, Oxygen
Reading list : 21 (2012-2020)