

POLITEKNIK KESEHATAN TANJUNGPUR  
JURUSAN KEPERAWATAN TANJUNGPUR

Laporan Tugas Akhir, April 2020

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ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN OKSIGENASI  
DENGAN MASALAH POLA NAPAS TIDAK EFEKTIF PADA PASIEN PPOK  
DI RUANG PARU RSUD JEND. A. YANI KOTA METRO TAHUN 2020

Xii + 62 halaman, 8 tabel, 2 gambar, 6 lampiran

**ABSTRAK**

Data WHO (*World Health Organization*) tahun 2015 menyebutkan pada tahun 2012 lebih dari 3 juta orang meninggal disebabkan PPOK. Data penelitian *Regional COPD Working Group* yang dilakukan di 12 negara di Asia Pasifik rata-rata prevalensi PPOK sebesar 6,3%, dengan terendah 3,5% di Hongkong dan Singapura, dan tertinggi di Vietnam sebanyak 6,7%. Berdasarkan RISKESDAS tahun 2018 Kemenkes RI, prevalensi PPOK di Indonesia sebesar 4,5%.

PPOK merupakan penyakit paru ditandai adanya hambatan pada saluran pernafasan. Tujuan Laporan Tugas Akhir ini adalah melakukan asuhan keperawatan gangguan kebutuhan oksigenasi dengan masalah pola napas tidak efektif pada pasien PPOK. Metode penulisan dengan pendekatan asuhan keperawatan meliputi pengkajian sampai dengan evaluasi keperawatan pada pasien PPOK, yang dilaksanakan di ruang Paru RSUD Jend. A. Yani Kota Metro tanggal 25-27 Februari 2020.

Asuhan keperawatan gangguan kebutuhan oksigenasi dengan masalah pola napas tidak efektif dilakukan intervensi keperawatan sesuai SIKI (2018) dengan menggunakan terapi inhalasi nebulizer, teknik batuk efektif dan teknik napas dalam. Hasil asuhan perawatan didapatkan data subyek asuhan menunjukkan sedikit perubahan pada pola napas ditandai dengan sesak napas berkurang, batuk berkurang, sputum berkurang dan tanda-tanda vital ; TD : 120/90 mmHg, RR : 24x/menit, nadi : 80x/menit, namun nyeri saat bernapas masih ada sehingga masalah pada pola napas pasien masih muncul dan mengakibatkan pasien kurang mampu tidur. Diharapkan untuk penambahan alat nebulizer di ruangan karena jumlah alat hanya ada 2 (TB dan non-TB).

Kata kunci : Pola napas tidak efektif, PPOK  
Bahan bacaan : 17 (2007-2019)

POLYTECHNIC OF HEALTH TANJUNGPUR  
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Final Assignment Report, April 2020

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NURSING DISORDERS OF OXYGENATION NEEDS WITH PROBLEMS OF BREATHING PATTERNS ARE NOT EFFECTIVE ON COPD PATIENTS IN THE LUNGS SPACE OF JEND HOSPITAL. A. YANI CITY OF METRO IN 2020

Xii + 62 pages, 8 tables, 2 pictures, 6 attachments

**ABSTRACT**

WHO data (World Health Organization) in 2015 mentioned that in 2012 more than 3 million people died due to COPD. COPD Regional Working Group research data conducted in 12 countries in the Asia Pacific region have an average COPD prevalence of 6.3%, with the lowest being 3.5% in Hong Kong and Singapore, and the highest in Vietnam at 6.7%. Based on the 2018 RISKESDAS Ministry of Health, the prevalence of COPD in Indonesia is 4.5%.

COPD is a lung disease characterized by obstructions in the respiratory tract. The purpose of this Final Project Report is to perform nursing care of oxygenation disorders with problems with ineffective breathing patterns in COPD patients. The writing method with a nursing care approach includes assessment to evaluation of nursing in COPD patients, which was carried out in the Lung Room of Jend. A. Yani Hospital Metro City on February 25-27, 2020.

Nursing care disorders of oxygenation needs with ineffective breathing pattern problems carried out nursing interventions according to SIKI (2018) using pharmacological and non-pharmacological therapies. The results of care care obtained data of care subjects showed slight changes in breathing patterns characterized by reduced shortness of breath, reduced cough, reduced sputum and vital signs; TD: 120/90 mmHg, RR: 24x / minute, pulse: 80x / minute, but pain while breathing is still present so that problems with the patient's breathing pattern still appear and cause the patient to be unable to sleep. It is expected to add a nebulizer in the room because there are only 2 devices (TB and non-TB).

Keywords: Ineffective breathing pattern, COPD

Reading material: 17 (2007-2019)