

**POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEPERAWATAN TANJUNGPUR
PRODI DIII KEPERAWATAN TANJUNGPUR**

**Laporan Karya Tulis Ilmiah, Tahun 2023
Sri Wahyuni Iman**

**ASUHAN KEPERAWATAN GANGGUAKEBUTUHAN OKSIGENASI
PADA PASIEN ASMA DI DESA SRIMULYO PEMANGGILAN
NATAR LAMPUNG SELATAN TAHUN 2023
xiii+ 88 halaman + 10 tabel + 9 lampiran**

ABSTRAK

World Health Organization menyatakan jumlah pasien yang mengalami penyakit asma diperkirakan masih tinggi mencapai 235 juta orang, sebagian besar kematian paling banyak terjadi di negara miskin dan negara berkembang. Asma terjadi akibat gangguan pada sistem pernapasan menyebabkan penderita mengalami mengi (wheezing), sesak nafas, batuk, dan sesak di dada terutama ketika malam hari. Data dari Puskesmas Hajimena tahun 2022 ditemukan penyakit asma menempati urutan ke sepuluh dari 10 penyakit terbesar. Jumlah kunjungan diketahui rata-rata sebanyak 11 kasus, kasus laki-laki sebanyak 5 orang dan kasus perempuan 6 orang. Tujuan penulisan adalah menggambarkan asuhan keperawatan pada dua pasien asma dengan menggunakan metode asuhan keperawatan mulai dari pengkajian, diagnosa, intervensi, implementasi, dan evaluasi. Asuhan keperawatan dilakukan selama 4 hari dari tanggal 10-13 Januari 2023. Melalui pengkajian diperoleh data yang akhirnya dapat ditegakkan 3 (tiga) diagnosa yaitu bersihan jalan nafas tidak efektif, gangguan pola tidur, dan pola nafas tidak efektif. Intervensi disusun sesuai diagnosa yaitu latihan batuk efektif, manajemen asma, dukungan tidur, manajemen energi, manajemen jalan nafas, dukungan ventilasi dan memberikan pendidikan kesehatan mengenai asma serta pemberian obat tradisional dari jahe merah, sehingga dilakukan tindakan sesuai rencana tersebut. Hasil akhir diperoleh kedua pasien sesak berkurang saat posisi tidur, mudah mengeluarkan dahak, pasien masih batuk ringan, RR: 22x/m, pola tidur membaik menjadi 7-8 jam/hari, mampu memahami tentang penyakit asma serta cara merawat pasien asma. Kesimpulan disarankan agar hasil akhir dapat dipertahankan dan yang belum tercapai yaitu batuk dapat dilanjutkan oleh pihak puskesmas dan kerjasama keluarga.

Kata kunci : Kebutuhan Oksigenasi, Asma
Daftar Pustaka : 29 (2014 – 2022)

**TANJUNGPUR HEALTH POLYTECHNIC
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**NURSING CARE OF DISORDERS FULFILLING OXYGENATION
NEEDS IN ASTHMA PATIENTS IN SRIMULYO VILLAGE
NATAR LAMPUNG SELATAN IN 2023
xiii+ 88 pages + 10 tables + 9 attachments**

ABSTRACT

The World Health Organization states that the number of patients with asthma is estimated to be still high, reaching 235 million people, most of the deaths occur in poor and developing countries. Asthma occurs due to disturbances in the respiratory system causing sufferers to experience wheezing, shortness of breath, coughing, and tightness in the chest, especially at night. Data from the Hajimena Health Center in 2022 found that asthma ranks tenth out of the 10 biggest diseases. The number of visits is known to be an average of 11 cases, 5 male cases and 6 female cases. The purpose of writing is to describe nursing care for two asthma patients using nursing care methods starting from assessment, diagnosis, intervention, implementation, and evaluation. Nursing care was carried out for 4 days from 10-13 January 2023. Through the study, data was obtained which ultimately resulted in 3 (three) diagnoses, namely ineffective airway clearance, sleep pattern disturbance, and ineffective breathing pattern. Interventions were arranged according to the diagnosis, namely effective coughing exercises, asthma management, sleep support, energy management, airway management, ventilation support and providing health education about asthma and administering traditional medicine from red ginger, so that action was taken according to the plan. The final results obtained were that both patients had less shortness of breath when sleeping, easily coughed up phlegm, the patient still had a mild cough, RR: 22x/m, improved sleep pattern to 7-8 hours/day, able to understand asthma and how to care for asthmatic patients. The conclusion is suggested that the final results can be maintained and what has not been achieved, namely the cough can be continued by the health center and family cooperation.

Keywords : Oxygenation Needs, Asthma
Bibliography : 29 (2014 – 2022)