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**Judul KIAN** : Asuhan Keperawatan Pada Pasien Tuberculosis Paru Dengan Pola Napas Tidak Efektif Melalui Pemberian Latihan *Pursed Lip Breathing* Di Ruang Soka Atas Rsup Persahabatan  
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### ABSTRAK

**Latar Belakang:** Tuberculosis paru merupakan penyakit infeksi yang dapat menyebabkan gangguan ventilasi sehingga menimbulkan masalah keperawatan pola napas tidak efektif, yang ditandai dengan sesak napas, peningkatan frekuensi respirasi, dan penurunan saturasi oksigen. Salah satu intervensi nonfarmakologis yang dapat diberikan adalah latihan *Pursed Lip Breathing* untuk membantu memperbaiki ventilasi dan meningkatkan pertukaran gas.

**Metode:** Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan asuhan keperawatan pada pasien Tuberculosis paru yang mengalami pola napas tidak efektif. Intervensi berupa latihan *Pursed Lip Breathing* sebanyak Lima kali dalam sehari dengan durasi 5–10 menit selama empat hari berturut-turut. Evaluasi dilakukan melalui pengukuran frekuensi napas, saturasi oksigen, serta keluhan sesak napas sebelum dan sesudah intervensi.

**Hasil:** Setelah dilakukan intervensi, terjadi penurunan frekuensi napas, peningkatan saturasi oksigen, serta berkurangnya keluhan sesak napas. Pola napas pasien menjadi lebih teratur dan penggunaan otot bantu napas menurun.

**Kesimpulan:** Latihan *Pursed Lip Breathing* efektif sebagai intervensi keperawatan dalam mengatasi pola napas tidak efektif pada pasien Tuberculosis paru.

**Kata Kunci:** Tuberculosis Paru, *Pursed Lip Breathing*, Pola Napas Tidak Efektif, Asuhan Keperawatan.

**Daftar Pustaka:** 32 Buah (2020-2025)

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**Judul KIAN** : Nursing Care for a Patient with Pulmonary Tuberculosis Experiencing an Ineffective Breathing Pattern Through the Implementation of Pursed Lip Breathing Exercises in the Soka Atas Ward of Persahabatan National Respiratory Referral Hospital  
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### **ABSTRACT**

**Background:** Pulmonary tuberculosis is an infectious disease caused by *Mycobacterium tuberculosis* that primarily affects the lungs and may result in impaired ventilation. This condition can lead to the nursing diagnosis of an ineffective breathing pattern, characterized by dyspnea, increased respiratory rate, and decreased oxygen saturation. One of the non-pharmacological nursing interventions that can be applied to improve ventilation and optimize gas exchange is Pursed Lip Breathing (PLB) exercise.

**Methods:** This study employed a descriptive case study design using a nursing care approach for a patient with pulmonary tuberculosis who experienced an ineffective breathing pattern. The intervention consisted of Pursed Lip Breathing exercises administered five times daily for 5–10 minutes per session over four consecutive days. Patient outcomes were evaluated by assessing respiratory rate, oxygen saturation, and subjective complaints of dyspnea before and after the intervention.

**Results:** The implementation of Pursed Lip Breathing exercises demonstrated positive outcomes, including a reduction in respiratory rate, an increase in oxygen saturation levels, and a decrease in the patient's complaints of dyspnea. In addition, the patient's breathing pattern became more regular, and the use of accessory respiratory muscles was reduced.

**Conclusion:** Pursed Lip Breathing exercise is an effective nursing intervention for improving ineffective breathing patterns in patients with pulmonary tuberculosis. The intervention contributes to enhanced respiratory function and may be incorporated into nursing care plans for patients experiencing respiratory distress associated with pulmonary tuberculosis.

**Keywords:** Pulmonary Tuberculosis, Pursed Lip Breathing, Ineffective Breathing Pattern, Nursing Care.

**References:** 32 References (2020–2025)