

ABSTRAK

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Program Studi : Profesi Ners
Judul : Asuhan Keperawatan pada Pasien Asma Bronkhial Dengan Bersihan Jalan Nafas Tidak Efektif Melalui Terapi Inhalasi di Ruang Parkit 1 RS. Bhayangkara Tk. I Puskokkes Polri
Pembimbing : Ns. Martha K. Silalahi, S.Kep., M.Kep
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Latar Belakang: Asma bronkial merupakan penyakit pernapasan kronis yang sering menimbulkan masalah Bersihan Jalan Napas Tidak Efektif, sehingga memicu sesak, hipoksemia, hingga menurunkan kualitas hidup. Intervensi keperawatan mencakup terapi kolaboratif (inhalasi, oksigen) dan mandiri (edukasi teknik pernapasan, penggunaan inhaler, serta pengendalian lingkungan). Secara global, angka kematian asma 0,86 per 100.000 penduduk, dengan prevalensi tinggi pada anak, kulit hitam, dan Hispanik Puerto Rico. Di Indonesia prevalensi 2,4%, meningkat pada usia lanjut, termasuk DKI Jakarta 3,1%. Data RS Bhayangkara Tk. I Puskokkes Polri 2024 mencatat 57 kasus rawat inap asma, 36,8% memerlukan oksigen dan inhalasi.

Metode: Penelitian studi kasus pada pasien asma di ruang Parkit 1 dengan tahapan proses keperawatan. Intervensi difokuskan pada terapi oksigen, inhalasi, pemantauan saturasi, edukasi, dan manajemen kecemasan.

Hasil: Tiga hari perawatan menunjukkan peningkatan saturasi (90%–97%), penurunan frekuensi napas (28–20 kali/menit), berkurangnya sesak, dan penurunan kecemasan pasien.

Kesimpulan: Terapi oksigen, inhalasi, edukasi, dan dukungan emosional efektif memperbaiki kondisi fisiologis-psikologis pasien serta mencegah kekambuhan.

Kata Kunci: Terapi Inhalansi, Asma Bronkial, Saturasi Oksigen

ABSTRACT

Name : Marvita Nurhasana Elisanty
Study Program : Professional Nurse (Profesi Ners)
Title : Nursing Care for Patients with Bronchial Asthma and Ineffective Airway Clearance Through Inhalation Therapy in Parkit 1 Ward, Bhayangkara Level I Hospital, Puskokkes Polri
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Introduction: Bronchial asthma is a chronic respiratory disease that frequently causes Ineffective Airway Clearance, leading to shortness of breath, hypoxemia, and decreased quality of life. Nursing interventions include both collaborative therapies (inhalation therapy and oxygen administration) and independent interventions (education on breathing techniques, proper use of inhalers, and environmental control). Globally, the mortality rate of asthma is 0.86 per 100,000 population, with higher prevalence among children, Black individuals, and Puerto Rican Hispanics. In Indonesia, the prevalence is 2.4%, increasing among older adults, including 3.1% in Jakarta. Data from Bhayangkara Level I Hospital, Puskokkes Polri in 2024 recorded 57 inpatient asthma cases, with 36.8% requiring oxygen and inhalation therapy.

Method: This case study was conducted on an asthma patient in Parkit 1 Ward using the nursing process approach. Interventions focused on oxygen therapy, inhalation treatment, monitoring of oxygen saturation, patient education, and anxiety management.

Results: Three days of nursing care showed improvements in oxygen saturation (from 90% to 97%), a decrease in respiratory rate (from 28 to 20 breaths per minute), reduced dyspnea, and decreased patient anxiety.

Conclusion: Oxygen therapy, inhalation treatment, education, and emotional support were effective in improving the patient's physiological and psychological condition as well as preventing recurrence.

Keywords: Inhalation Therapy, Bronchial Asthma, Oxygen Saturation.