

ABSTRACT

Background: Bronchopneumonia that occurs in children causes increased secretions that will cause problems such as ineffective airway clearance can be done with the main intervention of nursing namely airway management. The intervention can be done independently, namely chest physiotherapy and collaboratively, namely inhalation therapy.

Purpose: To provide an overview of chest physiotherapy and inhalation therapy in children with a diagnosis of ineffective airway clearance.

Method: The case study was conducted for three days with an analysis of nursing care management in an eight-month-old patient who had a medical diagnosis of bronchopneumonia using interview, observation, and literature study techniques with chest physiotherapy intervention and inhalation therapy based on the journal Evidence Base Nursing.

Results: From the implementation there were significant changes until the third day, namely the oxygenation status got results at normal limits, breathing patterns became regular, ronchi and wheezing were reduced, and secrets could be removed.

Conclusion: It was found that nursing evaluations of performing chest physiotherapy techniques and inhalation therapy in dealing with airway clearance problems were not effective in children due to retained secretions showing effectiveness to do.

Keywords: ineffective airway clearance, retained secretions, chest physiotherapy, inhalation therapy

ABSTRAK

Latar Belakang: Bronkopneumonia yang terjadi pada anak menyebabkan peningkatan sekret yang akan menimbulkan masalah seperti bersihan jalan nafas tidak efektif dapat dilakukan dengan intervensi utama keperawatan yaitu manajemen jalan nafas. Intervensinya dapat dilakukan secara mandiri yaitu fisioterapi dada dan secara kolaborasi yaitu terapi inhalasi.

Tujuan: Untuk memberikan gambaran tentang fisioterapi dada dan terapi inhalasi terhadap anak dengan diagnosa bersihan jalan nafas tidak efektif.

Metode: Studi kasus dilakukan selama tiga hari dengan analisis pengelolaan asuhan keperawatan pada pasien berusia delapan bulan yang memiliki diagnosa medis bronkopneumonia menggunakan teknik wawancara, observasi, dan studi literatur dengan intervensi fisioterapi dada dan terapi inhalasi berdasarkan jurnal Evidence Base Nursing.

Hasil: Dari implementasi didapatkan perubahan yang cukup signifikan sampai hari ketiga yaitu pada status oksigenasi mendapat hasil pada rentang batas normal, pola nafas menjadi teratur, ronchi dan wheezing berkurang, dan secret sudah dapat dikeluarkan.

Kesimpulan: Didapatkan evaluasi keperawatan melakukan teknik fisioterapi dada dan terapi inhalasi dalam menangani masalah bersihan jalan nafas tidak efektif pada anak diakibatkan sekret yang tertahan menunjukkan efektif untuk dilakukan.

Kata Kunci: bersihan jalan nafas tidak efektif, sekret tertahan, fisioterapi dada, terapi inhalasi