

Universitas Ngudi Waluyo
Program Studi Diploma Tiga Keperawatan, Fakultas Kesehatan
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Retno Utami
081191024

**Pengelolaan Bersihan Jalan Nafas Tidak Efektif Pada Penderita
Tuberculosis Paru Di Desa Cebongan**

ABSTRAK

Tuberculosis paru merupakan penyakit menular yang diakibatkan oleh bakteri *Mycobacterium tuberculosis*. Bakteri ini menginfeksi paru-paru sehingga menimbulkan penumpukan sekret dan sulit dikeluarkan. Sekret yang sulit dikeluarkan akan menyebabkan penyumbatan jalan nafas hingga mengakibatkan bersihan jalan nafas tidak efektif. Penulisan ini bertujuan untuk menggambarkan pengelolaan bersihan jalan nafas tidak efektif pada penderita tuberculosis paru di Desa Cebongan.

Jenis penelitian deskriptif dengan memberikan pengelolaan berupa perawatan pasien dengan bersihan jalan nafas tidak efektif pada penderita tuberculosis paru. Teknik pengambilan sampel menggunakan sampling insidental.

Pengelolaan bersihan jalan nafas tidak efektif dilakukan selama 7 hari. Teknik pengumpulan data dilakukan dengan wawancara, observasi, serta pemeriksaan fisik. Pasien dengan keluhan batuk berdahak, dahak sulit dikeluarkan, sesak nafas, pola nafas tidak teratur, bunyi nafas tambahan ronchi, RR 26x/menit.

Setelah dilakukan pengelolaan didapatkan masalah bersihan jalan nafas tidak efektif dapat teratasi. Pasien dapat mengeluarkan dahak, sesak nafas berkurang, frekuensi nafas dan pola nafas normal.

Saran bagi pasien diharapkan dapat melakukan pengobatan secara rutin serta menerapkan program yang sudah diajarkan. Sehingga dapat mempercepat proses penyembuhan.

Kata kunci: tuberculosis paru, manajemen jalan nafas

Ngudi Waluyo University
Diploma Three Nursing, Faculty Of Health
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Retno Utami
081191024

Management of Ineffective Airway Clearance in Patients with Pulmonary Tuberculosis in Cebongan Village

ABSTRACT

Pulmonary tuberculosis is an infectious disease caused by the bacterium *Mycobacterium tuberculosis*. These bacteria infect the lungs, causing a buildup of secretions and difficult to expel. Secretions that are difficult to expel will cause airway obstruction to result in ineffective airway clearance. This paper aims to describe the management of ineffective airway clearance in patients with pulmonary tuberculosis in Cebongan Village.

This type of research is descriptive by providing management in the form of patient care with ineffective airway clearance in patients with pulmonary tuberculosis. The sampling technique used incidental sampling.

Management of ineffective airway clearance was carried out for 7 days. Data collection techniques were carried out by interview, observation, and physical examination. Patients with complaints of coughing up phlegm, difficult to expel phlegm, shortness of breath, irregular breathing patterns, additional breath sounds, rhonchi, RR 26x/minute.

After management, it was found that the problem of ineffective airway clearance could be resolved. Patients can expectorate phlegm, decreased shortness of breath, respiratory rate and normal breathing patterns.

Suggestions for patients are expected to be able to take treatment regularly and apply the programs that have been taught. So that it can speed up the healing process.

Keywords: pulmonary tuberculosis, airway management