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**Pengelolaan Bersihan Jalan Napas Tidak Efektif dengan Fisioterapi Dada dan Inhalasi Uap *Oleum Cajeputi* pada Pasien Pneumonia di RSUD Dr. Gondo Suwarno Kabupaten Semarang**

**XVI + 113 halaman + 7 tabel + 1 bagan + 11 lampiran**

### **ABSTRAK**

Pneumonia adalah peradangan pada parenkim paru yang berhubungan dengan terisinya alveoli oleh cairan. patofisiologi penyakit ini terjadinya peningkatan produksi sputum sehingga menimbulkan masalah bersihan jalan napas yaitu ketidakmampuan membersihkan sekret untuk mempertahankan jalan napas tetap paten.

Penulisan ini bertujuan untuk mendeskripsikan pengelolaan pasien dengan bersihan jalan napas tidak efektif melalui penerapan asuhan keperawatan di RSUD Dr. Gondo Suwarno.

Jenis penelitian menggunakan metode kualitatif dengan menerapkan asuhan keperawatan bersihan jalan napas tidak efektif pada pasien pneumonia. Teknik pengumpulan data menggunakan pendekatan metodologi keperawatan dari pengkajian, menegakkan diagnosis, penetapan rencana keperawatan, implementasi keperawatan, dan evaluasi.

Pengelolaan bersihan jalan napas tidak efektif dilakukan selama tiga hari dengan hasil pengkajian didapatkan pasien mengalami batuk, sekret susah keluar, konsistensi kental, hidungnya tersumbat, terkadang merasa nyeri dada saat batuk, merasakan mual, demam, tidak nafsu makan. Intervensi keperawatan berupa fisioterapi dada dan inhalasi uap *oleum cajeputi*, serta mengatasi masalah keperawatan lainnya seperti hipertermia dan risiko defisit nutrisi.

Berdasarkan hasil studi kasus, diagnosis keperawatan bersihan jalan napas tidak efektif dengan intervensi dan implementasi fisioterapi dada dan inhalasi uap *oleum cajeputi*, serta edukasi pemeliharaan kesehatan terbukti efektif meningkatkan bersihan jalan napas.

**Kata Kunci:** pneumonia, bersihan jalan napas tidak efektif, pengelolaan, fisioterapi dada, inhalasi uap, *oleum cajeputi*

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**Management of Ineffective Airway Clearance with Chest Physiotherapy and  
Oleum Cajeputi Vapor Inhalation in Pneumonia Patients at RSUD Dr. Gondo  
Suwarno Semarang Regency**

**XVI + 113 Pages + 7 Table + 1 Chart + 11 Appendices**

### **ABSTRACT**

Pneumonia is an inflammation of the lung parenchyma associated with the filling of the alveoli with fluid. The pathophysiology of this disease is an increase in sputum production, causing airway clearance problems, namely the inability to clear secretions to maintain a patient airway.

The writing aims to describe the management of patients with ineffective airway clearance through the application of nursing care at Dr. Gondo Suwarno Hospital.

This type of research uses qualitative methods by applying nursing care for ineffective airway clearance in pneumonia patients. Data collection techniques use a nursing methodology approach from assessment, diagnosis, nursing plan determination, nursing implementation, and evaluation.

Management of ineffective airway clearance was carried out for three days with the results of the assessment obtained by the patient experiencing coughing, difficult secretion, thick consistency, nasal congestion, sometimes feeling chest pain when coughing, feeling nausea, fever, no appetite. Nursing interventions in the form of chest physiotherapy and oleum cajeputi vapor inhalation, as well as overcoming other nursing problems such as hyperthermia and the risk of nutritional deficit.

Based on the results of the case study, the nursing diagnosis of ineffective airway clearance with the intervention and implementation of chest physiotherapy and oleum cajeputi vapor inhalation, as well as health maintenance education proved effective increase airway clearance.

**Keywords:** pneumonia, ineffective airway clearance, management, chest physiotherapy, steam inhalation, oleum cajeputi