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**Rika Aviana, Joyo Minardo**  
**086221029**

**Pengelolaan Kebersihan Jalan Nafas Pada Pasien Tb Paru Dengan Etika Batuk Efektif Yang Benar Di Rsud dr. Gondo Suwarno Ungaran**

**ABSTRAK**

Tuberkulosis (TB) paru masih menjadi masalah kesehatan utama di Indonesia, terutama karena dampaknya terhadap sistem pernapasan. Salah satu masalah keperawatan yang sering muncul pada pasien TB paru adalah ketidakefektifan bersihan jalan napas akibat penumpukan secret. Penelitian ini bertujuan untuk mengidentifikasi pengaruh latihan batuk efektif terhadap peningkatan kemampuan bersihan jalan napas pada pasien TB paru. Penelitian ini menggunakan metode studi kasus dengan pendekatan asuhan keperawatan secara komprehensif pada satu pasien laki-laki berusia 80 tahun dengan diagnosis TB paru yang dirawat di ruang isolasi RSUD Dr. Gondo Suwarno Ungaran pada tanggal 2–4 Juni 2025. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Asuhan keperawatan diberikan selama tiga hari dengan fokus intervensi latihan batuk efektif. Hasil pengkajian menunjukkan pasien mengalami batuk produktif, kesulitan mengeluarkan sputum, dan sesak napas. Implementasi latihan batuk efektif selama tiga hari menunjukkan hasil yang signifikan, di mana pasien mampu mengeluarkan dahak secara bertahap dan melakukan teknik batuk efektif secara mandiri. Evaluasi menunjukkan masalah keperawatan bersihan jalan napas mulai teratasi. Latihan batuk efektif terbukti dapat meningkatkan kemampuan bersihan jalan napas pada pasien TB paru. Intervensi ini dapat dijadikan bagian penting dalam penatalaksanaan keperawatan pada kasus TB paru.

**Kata kunci:** Tuberkulosis paru, etika batuk efektif, bersihan jalan napas, latihan pernapasan

**Ngudi Waluyo University**  
**Diploma Three Nursing Program, Faculty of Health Sciences**  
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**Rika Aviana, Joyo Minardo**  
**086221029**

**Airway Hygiene Management in Pulmonary TB Patients with Correct Effective Coughing Etiquette at Dr. Gondo Suwarno Ungaran Regional Hospital**

**ABSTRACT**

Pulmonary tuberculosis (TB) remains a major public health issue in Indonesia, particularly due to its impact on the respiratory system. One of the most common nursing problems in pulmonary TB patients is ineffective airway clearance caused by retained secretions. This study aimed to identify the effect of effective coughing exercises on improving airway clearance in a patient with pulmonary TB. This research utilized a case study design with a comprehensive nursing care approach for one male patient, aged 80, diagnosed with pulmonary TB and treated in the isolation ward of RSUD Dr. Gondo Suwarno Ungaran from June 2 to June 4, 2025. Data were collected through interviews, observation, physical examination, and documentation review. Nursing care was provided over three days focusing on the intervention of effective coughing exercises. The assessment revealed that the patient experienced productive coughing, difficulty expectorating sputum, and shortness of breath. After three days of implementing effective coughing exercises, the patient gradually showed improvement in sputum expectoration and was able to independently perform the technique. Evaluation indicated that the problem of ineffective airway clearance had begun to resolve. Effective coughing exercises were shown to improve airway clearance in patients with pulmonary TB. This intervention can be considered an essential part of nursing care for pulmonary TB cases.

**Keywords:** Pulmonary tuberculosis, effective coughing etiquette, airway clearance, breathing exercise.