

Asuhan Keperawatan Anak Asma Bronkhial Dengan Pola Napas Tidak Efektif Dan Penerapan *Ballon Blowing* di RSUD Cilacap

Nursing Care for Children with Bronchial Asthma with Ineffective Breathing Patterns and Application of Balloon Blowing at Cilacap Regional Hospital

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ABSTRAK

Asma merupakan penyakit paru-paru kronis yang menyerang orang-orang dari segala usia, Penderita asma bronkhial akan muncul reaksi terhadap faktor pencetus seperti alergen, perubahan cuaca, lingkungan kerja dan stress, penyebab yang mengakibatkan inflamasi saluran pernafasan atau reaksi hipersensitivitas. Desain penelitian ini menggunakan deskriptif dengan studi kasus asuhan keperawatan dengan menggunakan tindakan *Ballon Blowing* pada klien anak asma bronkhial dengan pola napas tidak efektif. Peneliti melakukan asuhan keperawatan pada tanggal 9-11 September 2023. Cara pengambilan sampel menggunakan *purposive sampling*. Instrumen pengumpulan data asuhan keperawatan dimulai dari pengkajian sampai evaluasi keperawatan. Hasil penelitian didapatkan dengan keluhan utama batuk sudah 3 hari, sesak nafas, pilek. Hasil pemeriksaan didapatkan TTV Suhu 36.9°C, RR 40x/menit, Nadi 151 x/menit SPO2 90% HR 95 x/menit, BB 17,5 Kg. Setelah diberikan intervensi *ballon blowing* selama 3 hari dapat meningkatkan saturasi oksigen sebanyak 6% dan mampu menurunkan frekuensi pernafasan dari 40 x/menit menjadi 24 x/menit atau mengalami penurunan sebesar 16 x/mnt. Kesimpulan dalam studi kasus ini adalah ada pengaruh terapi tehnik balon bllowing (meniup balon) pada pasien anak Asma Bronkhial terhadap status oksigenasi dan pola nafas.

Kata Kunci : Asuhan keperawatan, Asma Bronkhial, Pola Nafas, *Ballon Blowing*.

ABSTRACT

Asthma is a chronic lung disease that attacks people of all ages. People with bronchial asthma will experience reactions to trigger factors such as allergens, changes in weather, work environment and stress, which can cause inflammation of the respiratory tract or hypersensitivity reactions. This research design uses a descriptive case study of nursing care using the Balloon Blowing action for clients with bronchial asthma who have ineffective breathing patterns. Researchers provided nursing care on September 9-11 2023. The sample collection method used purposive sampling. Nursing care data collection instruments start from assessment to nursing evaluation. The research results showed that the main complaints were cough for 3 days, shortness of breath, runny nose. The results of the examination showed TTV Temperature 36.9°C, RR 40 x/minute, Pulse 151 x/minute SPO2 90% HR 95 x/minute, BB 17.5 Kg. After being given balloon blowing intervention for 3 days, oxygen saturation could be increased by 6% and the respiratory frequency could be reduced from 40 times/minute to 24 times/minute or a decrease of 16 times/minute. The conclusion in this case study is that there is an effect of balloon blowing technique therapy in pediatric patients with Bronchial Asthma on oxygenation status and breathing patterns.

Keyword : Nursing care, Bronchial Asthma, Breathing Patterns, Balloon Blowing