PENERAPAN INTERVENSI MENIUP SUPER BUBLES UNTUK MENGATASI BERSIHAN JALAN NAPAS TIDAK EFEKTIF PADA AN.L DENGAN BRONKOPNEMONIA DI PKU MUHAMADIYAH KOTA YOGYAKARTA

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INTISARI

Latar belakang: Bronkopnemonia merupakan penyakit infeksi pada sistem pernafasan bagian bawah meliputi dinding bronkioulus dan jaringan paru disekitarnya. Bronkopneumonia dapat disebut sebagai pneumonia lobularis terjadi karena terdapat mikroorganisme berada pada bronkus distal atau bronkioulus sehingga terjadi peningkatan eksudat.

Tujuan: Untuk mengetahui keefektifan Penerapan Intervensi Meniup Super Bubles Untuk Mengatasi Bersihan Jalan Napas Tidak Efektif Pada An.L Dengan Bronkopnemonia Di PKU Muhamadiyah Yogyakarta.

Metode: peneliti melakukan latihan pernapasan meniup super bubble ini dilakukan selama 2 hari berturut-turut dan intervensi dilakukan 1 kali setiap harinya. Sebelum dilakukan intervensi meniup super bubble dilakukan pengukuran Respirasi pernapasan pasien dan sesudah dilakukan intervensi melakukan pengukuran respirasi agar mengetahui ada atau tidaknya pengaruh terapi yang diberikan. Intervensi ini di lakukan 4 jam setelah diberikan terapi bronkodilator.

Hasil: Hasil respirasi sebelum di lakukan terapi meniup super bubble di hari pertama di dapatkan hasil frekuensi respirasi 32 x/m, pola nafas tidak teratur, suara nafas ronki dan masih mengeluh sesak saat bernafas. Setelah dilakukan terapi super bubble didapatkan hasil frekuensi nafas 30x/m dengan pola nafas mulai teratur, suara nafas ronki dan sesak nafas berkurang. Pada hari ke dua di lakukan pemeriksaan pernapasan sebelum dilakukan terapi meniup super bubble dengan hasil respirasi 30x/m, pola nafas teratur, suara nafas ronki dan sesak nafas berkurang. Setelah dilakukan terapi meniup super bubble didapatkan hasil respirasi 28x/m, pola nafas teratur, suara nafas ronki dan sudah tidak merasa sesak saat bernafas.

Kesimpulan: Dari hasil observasi selama 2 hari dapat disimpulkan masalah gangguan bersihan jalan nafas dapat teratasi di buktikan dengan respirasi Kembali normal pola nafas Kembali teratur dan tidak ada sesak saat bernapas.

Kata kunci: Meniup *Super Bubble*, Pnemonia

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IMPLEMENTATION OF SUPER BUBLES BLOWING INTERVENTION TO OVERCOME INEFECTIVE AIRBORNE CLEARANCE IN AN.L WITH BRONCHOPNEMONIA IN PKU MUHAMADIYAH, YOGYAKARTA CITY

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ABSTRACT

Background: Bronchopneumonia is an infectious disease of the lower respiratory system including the walls of the bronchioles and surrounding lung tissue. Bronchopneumonia, which can be called lobular pneumonia, occurs because there are microorganisms in the distal bronchi or bronchioles, resulting in an increase in exudate.

Objective: To determine the effectiveness of implementing the Super Bubbles Blowing Intervention to Overcome Ineffective Airway Clearance in An.L with Bronchonemonia at PKU Muhamadiyah Yogyakarta.

Methods: researchers carried out super bubble blowing breathing exercises for 2 consecutive days and the intervention was carried out once every day. Before the super bubble blowing intervention was carried out, the patient's respiratory respiration was measured and after the intervention, the respiration was measured to determine whether or not there was an effect of the therapy given. This intervention was carried out 4 hours after bronchodilator therapy was given.

Results: Respiration results before the super bubble blowing therapy was carried out on the first day, the results were a respiratory frequency of 32 x/m, irregular breathing patterns, crackles and still complaining of shortness of breath. After super bubble therapy, the respiratory frequency was 30x/m with the breathing pattern starting to become regular, the sounds of crackles and shortness of breath reduced. On the second day, a respiratory check was carried out before super bubble blowing therapy was carried out with respiration results of 30x/m, regular breathing pattern, crackles and shortness of breath reduced. After the super bubble blowing therapy was carried out, the respiration results were 28 x/m, regular breathing pattern, crackles and no longer felt short of breath.

Conclusion: From the results of 2 days of observation, it can be concluded that the problem of airway clearance problems can be resolved as evidenced by respiration returning to normal, breathing patterns returning to regularity and no shortness of breath.

Keywords: *Blowing, Super Bubble*, Pnemonia

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