

# EFEKTIVITAS “ACTIVE CYCLE OF BREATHING” PADA KLIEN DENGAN KELUHAN SESAK NAFAS PENDERITA TUBERKULOSIS DI BANGSAL ISOLASI RSU PKU MUHAMMADIYAH JATINOM

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## INTISARI

**Latar Belakang** : Tuberkulosis adalah suatu kondisi penyakit kronis yang dapat menular, disebabkan oleh bakteri *Mycobacterium tuberculosis*. Tuberkulosis ditularkan lewat swab pasien positif dan disebarkan melalui droplet yang dikeluarkan saat pasien batuk atau bersin. Tanda geala yang sering muncul pada umumnya yaitu sesak nafas.

**Tujuan** : Penelitian ini bertujuan untuk mengetahui efektivitas “*active cycle of breathing*” pada klien dengan keluhan sesak nafas penderita tuberkulosis di bangsal isolasi RSU PKU Muhammadiyah Jatinom.

**Metode** : Metode yang digunakan yaitu studi kasus menggunakan pendekatan proses asuhan keperawatan.

**Hasil** : Hasil yang didapatkan menunjukkan bahwa pasien mengalami peningkatan saturasi oksigen dan penurunan sesak nafas setelah melakukan Active Cycle of Breathing selama 4 hari.

**Kata Kunci** : Tuberkulosis Paru, Active Cycle of Breathing, Sesak Nafas.

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***THE EFFECTIVENESS OF “ACTIVE CYCLE OF BREATHING” ON CLIENT WITH COMPLAINTS OF TUBERCULOSIS SUFFOCATION IN THE ISOLATION WARD OF RSU PKU MUHAMMADYAH JATINOM***

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**ABSTRACT**

**Background :** Tuberculosis is a contagious chronic disease caused by the bacteria *Mycobacterium tuberculosis*. Tuberculosis is transmitted through positive patient swabs and is spread through droplets released when patients cough or sneeze. Symptoms that often appear in general are shortness of breath.

**Objective :** This study aims to determine the effectiveness of the "active cycle of breathing" in clients with complaints of shortness of breath in tuberculosis sufferers in the isolation ward of RSU PKU Muhammadiyah Jatinom.

**Method :** The method used is a case study using a nursing care process approach.

**Result :** The results obtained showed that the patient experienced an increase in oxygen saturation and a decrease in shortness of breath after carrying out the Active Cycle of Breathing for 4 days.

**Keywords:** Pulmonary Tuberculosis, Active Cycle of Breathing, Shortness of Breath.

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