

**PEMBERIAN LATIHAN *PURSED LIPS BREATHING* DAN POSISI *SEMI FOWLER*  
DENGAN GANGGUAN SISTEM PERNAPASAN TUBERKULOSIS PARU PADA  
TN.S DI BANGSAL CEMPAKA  
DI RUMAH SAKIT UMUM DAERAH dr.TJITROWARDODJO  
PURWOREJO**

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**INTISARI**

**Latar Belakang :** Tuberkulosis paru adalah suatu penyakit infeksi menular yang di sebabkan oleh *Mycobacterium tuberculosis* dan sering bemanifestasi di paru. Gejala TB Paru adalah batuk berdahak 3-4 minggu atau lebih, sesak napas, berat badan menurun, berkeringat di malam hari tanpa aktivitas dan merasa kelelahan. Dampak TB Paru apabila tidak segera diberikan asuhan keperawatan dapat mengakibatkan hemopsitis berat yang menyebabkan kematian karena syok hipovolemik tersumbatnya jalan napas.

**Tujuan :** Untuk menyusun Laporan Kasus Asuhan Keperawatan Pasien dengan Tuberkulosis Paru di Wilayah Kerja Rumah Sakit Umum Daerah dr. Tjitrowardodjo Purworejo.

**Metode Penelitian :** Penelitian ini menggunakan teknik observasi-partisipatif adalah penulis melakukan pengamatan serta turut dalam melakukan tindakan pelayanan keperawatan.

**Hasil :** Studi menunjukkan bahwa pengelolaan Asuhan Keperawatan pada Pasien TB Paru dengan keluhan sesak napas dan diagnosis keperawatan pola nafas tidak efektif setelah penerapan pemberian posisi semi *fowler* dan latihan teknik *pursed lips breathing* sebanyak 1 kali dalam sehari selama 3 hari berturut-turut didapatkan keluhan sesak napas pasien menurun dan frekuensi napas pasien kembali normal dari RR: 28x/menit menjadi RR: 22x/menit.

**Kesimpulan :** Dari Analisis Asuhan Keperawatan menunjukkan bahwa ada pengaruh penerapan pemberian posisi semi *fowler* dan teknik *pursed lips breathing* dapat mengurangi sesak nafas dan mengembalikan respiratory rate pasien kembali normal.

**Kata Kunci :** Sesak Nafas, posisi semi *fowler*, *pursed lips breathing*, TB Paru

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**PROVIDING PURSED LIPS BREATHING AND SEMI FOWLER POSITION  
EXERCISES WITH PULMONARY TUBERCULOSIS RESPIRATORY SYSTEM  
DISORDERS AT TN. S IN CEMPAKA ROOM AT dr. TJITROWARDODJO  
REGIONAL GENERAL HOSPITAL PURWOREJO**

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**ABSTRACT**

**Background:** *Tuberculosis is an infectious disease caused by Mycobacterium tuberculosis and often manifests in the lungs. Symptoms of pulmonary tuberculosis are coughing up phlegm for 3-4 weeks or more, shortness of breath, weight loss, sweating at night without activity and feeling tired. The impact of tuberculosis if not immediately given nursing care can result in severe hemoptysis which causes death due to hypovolemic shock due to airway obstruction.*

**Purpose:** *To prepare a case report on Nursing Care for Patients with Pulmonary Tuberculosis in the Working Area of the Regional General Hospital, dr. Tjitrowardodjo Purworejo.*

**Method:** *This research uses participatory observayion techniques, namely the author makes observations and participates in carrying out nursing service actions.*

**Results:** *The study showed that the management of nursing care for pulmonary TB patients with complaints of shortness of breath and nursing diagnosis of breathing patterns was ineffective after applying the semi-fowler position and practicing the pursed lips breathing technique once a day for 3 consecutive days. The patient's complaints of shortness of breath decreased. And the patient's respiratory frequency returned to normal from RR: 28x/minute to RR: 22x/minute.*

**Conclusion:** *The analysis of nursing care shows that there is an effect of applying the semi fowler position and the pursed lips breathing technique to reduce shortness of breath and return the patient's respiratory rate to normal.*

**Keywords:** *Shortness of Breath, Pursed lips Breathing, semi-fowler position, Tuberculosis.*

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