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Dwi Prayoga, S. Kep

Penerapan *Pursed Lip Breathing* Terhadap *Dispnea* Pada Pasien *Cronic Kidney Disease* (CKD) Di Ruang Hemodialisis RSUD Arifin Achmad Provinsi Riau

XI + 23 Halaman + 5 Tabel + 4 Lampiran

ABSTRAK

Prevalensi kejadian *Cronic Kidney Disease* (CKD) di Indonesia semakin bertambah. Menurut hasil Riset Kesehatan Dasar tahun 2018, di Indonesia sebesar 0,38% atau sebanyak 713.783 jiwa. Penurunan fungsi ginjal dapat menyebabkan edema paru atau penumpukan cairan di alveoli yang menyebabkan terjadinya *dispnea*. Penatalaksanaan pada penderita *dispnea* dapat dilakukan dengan penanganan nonfarmakologis pemberian teknik relaksasi pernapasan *pursed lip breathing* yaitu merupakan latihan yang bertujuan untuk mengatur frekuensi dan pola pernafasan sehingga bernafas lebih efektif dan mengurangi sesak nafas. Tujuan Karya Ilmiah Akhir Ners ini untuk menganalisis intervensi penerapan *Pursed Lip Breathing* pada pasien *Cronic Kidney Disease* (CKD) untuk menurunkan *dipsnea*. Pelaksanaan intervensi ini dilakukan kepada 2 pasien dengan memberikan *Pursed Lip Breathing* selama 5 kali, dengan jeda 2 detik setiap 1 kali nafas. latihan ini dilakukan dua kali sehari selama 2 hari. Sebelum diberikan teknik *Pursed Lip Breathing* skala *dipsnea* pasien diukur dengan *modified borg scale*. Pengukuran ini dilakukan 1 menit sebelum tindakan dan dievaluasi setelah 15 menit setelah intervensi diberikan. Hasil intervensi ini menunjukkan terjadinya penurunan *dispnea* pada kedua pasien dengan pre test rata-rata skala *dispnea* 3 (sesak sedang), dan pos test rata-rata skala *dispnea* 1 (sedikit sesak). *Pursed Lip Breathing* dapat dijadikan sebagai alternatif tindakan dalam penurunan *dispnea* pada pasien *Cronic Kidney Disease* (CKD) di ruang Hemodialisis RSUD Arifin Achmad Provinsi Riau.

Kata Kunci : CKD, *Pursed Lip Breathing*, *Dispnea*.
Daftar bacaan :21(2017-2023)

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Application of Pursed Lip Breathing to Dyspnea in Chronic Kidney Patients
Disease (CKD) in the Hemodialysis Ward of Arifin Achmad Hospital, Riau
Province

XI + 23 Page + 5 Table + 4 Attachment

ABSTRACT

The prevalence of Chronic Kidney Disease (CKD) in Indonesia is increasing. According to the results of Basic Health Research in 2018, in Indonesia it is 0.38% or as many as 713,783 people. Decreased kidney function can cause pulmonary edema or fluid buildup in the alveoli leading to dyspnea. Management in dyspnea patients can be done by non-pharmacological treatment of the provision of pursed lip breathing relaxation techniques, which is an exercise that aims to regulate breathing frequency and patterns so that breathing is more effective and reduces shortness of breath. The purpose of this Final Scientific Nurse Paper is to analyze the intervention of the application of Pursed Lip Breathing in Chronic Kidney Disease (CKD) patients to reduce dyspnea. The implementation of this intervention was carried out to 2 patients by giving Pursed Lip Breathing for 5 times, with a 2-second pause every 1 breath. This exercise is carried out twice a day for 2 days. Before being given the Pursed Lip Breathing technique, the patient's dyspnea scale was measured with a modified borg scale. These measurements were made 1 minute before the action and evaluated after 15 minutes after the intervention was given. The results of this intervention showed a decrease in dyspnea in both patients with an average pre-test of dyspnea scale 3 (moderate tightness), and a post-test of an average dyspnea scale 1 (slightly tight). Pursed Lip Breathing can be used as an alternative action in reducing dyspnea in Chronic Kidney Disease (CKD) patients in the Hemodialysis room of Arifin Achmad Hospital, Riau Province.

Keywords : CKD, Pursed Lip Breathing, Dyspnea.

References : 21 (2017-2023)