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Penerapan Posisi *Orthopenic* Untuk Mengatasi Ketidakefektifan Pola Napas Pada Pasien Dengan Gangguan Pernapasan di Ruang Jasmin RSUD Arifin Achmad Provinsi Riau

Xiii + 40 halaman + 8 tabel + 5 lampiran

ABSTRAK

Gangguan pernapasan seperti Tuberkulosis (TB) Paru menyebabkan kerusakan parenkim paru yang mengakibatkan pola napas tidak efektif. Intervensi nonfarmakologis berupa posisi orthopenic dapat membantu memperbaiki status respirasi pasien. Tujuan untuk mengetahui penerapan posisi orthopenic terhadap frekuensi pernapasan dan saturasi oksigen pada pasien dengan gangguan pernapasan di Ruang Jasmin RSUD Arifin Achmad Provinsi Riau. Pada kasus ini dilakukan pada satu pasien (Ny. A, 57 tahun) dengan diagnosis TB Paru yang mengalami ketidakefektifan pola napas. Intervensi posisi orthopenic diberikan selama 3 hari berturut-turut dengan durasi 3-5 menit setiap sesi. Pengukuran frekuensi pernapasan dan saturasi oksigen dilakukan sebelum dan sesudah intervensi. Terjadi penurunan frekuensi pernapasan dari 28 x/menit menjadi 22 x/menit dan peningkatan saturasi oksigen dari 94% menjadi 98% selama 3 hari penerapan. Keluhan sesak napas berkurang secara bertahap dan penggunaan otot bantu napas menurun signifikan. Kesimpulan: Penerapan posisi orthopenic efektif dalam mengatasi ketidakefektifan pola napas pada pasien dengan gangguan pernapasan. Intervensi ini direkomendasikan sebagai terapi nonfarmakologis mandiri yang mudah dilakukan dan berbasis bukti ilmiah.

Kata Kunci: Posisi Orthopenic, Pola Napas Tidak Efektif, Gangguan Pernapasan, TB Paru

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Application of Orthopenic Position to Overcome Ineffective Breathing Patterns in Patients with Respiratory Disorders in the Jasmine Ward of Arifin Achmad Regional Hospital, Riau Province

Xiii + 40 pages + 8 tables + 5 appendices

ABSTRACT

Respiratory disorders such as Pulmonary Tuberculosis (TB) cause lung parenchymal damage resulting in ineffective breathing patterns. Non-pharmacological intervention in the form of orthopenic positioning can help improve patients' respiratory status. Objective: To determine the effectiveness of orthopenic position application on respiratory rate and oxygen saturation in patients with respiratory disorders in the Jasmine Ward of Arifin Achmad Regional General Hospital, Riau Province. Method: This case study was conducted on patient (Mrs. A, 57 years old) with a diagnosis of Pulmonary TB who experienced ineffective breathing patterns. The orthopenic position intervention was given for 3 consecutive days with a duration of 3-5 minutes per session. Measurements of respiratory rate and oxygen saturation were taken before and after the intervention. There was a decrease in respiratory rate from 28 breaths/min to 22 breaths/min and an increase in oxygen saturation from 94% to 98% over 3 days of application. Shortness of breath complaints gradually decreased and the use of accessory respiratory muscles significantly reduced. Conclusion: The application of the orthopenic position is effective in overcoming ineffective breathing patterns in patients with respiratory disorders. This intervention is recommended as an independent, easy-to-perform, evidence-based non-pharmacological therapy.

Keywords: Orthopenic Position, Ineffective Breathing Pattern, Respiratory Disorders, Pulmonary TB,

