

Analisis Penerapan Terapi *Pursed Lips Breathing* Pada Anak Yang Mengalami Bronkopneumonia Dengan Masalah Bersihan Jalan Napas Tidak Efektif Di Rumah Sakit X Swasta Di Cibubur

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ABSTRAK

Latar Belakang: Bronkopneumonia biasa juga disebut dengan istilah pneumonia lobularis merupakan suatu peradangan yang terdapat pada parenkim paru dan dapat terlokalisir biasanya sampai terkena bronkiolus dan alveolus yang berada disekitarnya, disebabkan oleh berbagai sumber etiologi seperti bakteri, virus, jamur dan benda asing. **Tujuan penulisan:** menganalisis tentang penerapan terapi *pursed lips breathing* pada anak yang mengalami bronkopneumonia dengan masalah bersihan jalan napas tidak efektif di Rumah Sakit X Swasta Di Cibubur Metode: yang digunakan adalah study kasus dengan Teknik pengumpulan data melalui wawancara, observasi, pemeriksaan fisik dan pendokumentasian. Pelaksanaan terapi *pursed lips breathing* mengalami gangguan bersihan jalan napas dan. **Hasil:** setelah dilakukan terapi *pursed lips breathing* pada hari ke 3 yaitu diagnosis keperawatan bersihan jalan nafas tidak efektif dengan kriteria hasil masalah teratasi. Dan pada kedua diagnosis lainnya tidak ditemukan data untuk melanjutkan intervensi **Kesimpulan:** berdasarkan hasil evaluasi kasus yang didapatkan bahwa penerapan terapi *pursed lips breathing* yang dilakukan selama pasien mengalami masalah bersihan jalan napas, sangat efektif dilakukan dalam memperbaiki jalan nafas pasien anak.

Kata Kunci : Bronchopneumonia, *Pursed lips breathing*, Jalan napas, anak

**Analysis of the Application of Pursed Lips Breathing Therapy in Children
with Bronchopneumonia with Ineffective Airway Clearance Problems
At X Private Hospital in Cibubur**

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ABSTRACT

Background: Bronchopneumonia, also known as lobular pneumonia, is an inflammation that occurs in the lung parenchyma and can be localized, usually to the bronchioles and alveoli that surround it, caused by various etiological sources such as bacteria, viruses, fungi and foreign bodies. **Purpose of writing:** to analyze the application of pursed lips breathing therapy in children who experience bronchopneumonia with ineffective airway clearance problems at X Private Hospital in Cibubur **Method:** used is a case study with data collection techniques through interviews, observation, physical examination and documentation. The implementation of pursed lips breathing therapy has disrupted airway clearance and. Results: after pursed lips breathing therapy was carried out on day 3, namely the nursing diagnosis of ineffective airway clearance with the criteria for the results of the problem being resolved. And for the other two diagnoses there was no data to continue the intervention. **Conclusion:** based on the results of the case evaluation it was found that the application of pursed lips breathing therapy which was carried out while the patient had problems with airway clearance, was very effective in improving the airway of pediatric patients.

Keywords: Bronchopneumonia, Pursed lips breathing, airway, children