

**ANALISIS PENERAPAN POSTURAL DRAINAGE DAN FIOTERAPI DADA
UNTUK MENINGKATKAN BERSIHAN JALAN NAPAS PADA ANAK
BRONKOPNEUMONIA DI RUMAH SAKIT X BEKASI**

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ABSTRAK

Pneumonia adalah penyakit infeksi berbagai mikroorganisme termasuk bakteri, mikobakteri, jamur dan viru yang mengakibatkan radang parenkim paru yang dapat menyebabkan masalah keperawatan berhubungan dengan oksigenisasi yaitu bersihan jalan napas tidak efektif yang disebabkan karena produksi sputum kesulitan untuk mengeluarkan. Perawat sebagai bagian pemberi layanan kesehatan harus berperan dalam mengatasi masalah tersebut. Intervensi inovasi yang dilakukan dalam mengatasi masalah bersihan jalan napas adalah *postural drainage* dan fioterapi dada. Studi kasus dilakukan pada 3 pasien dengan diagnosa pneumonia dan masalah keperawatan bersihan jalan napas dengan data pasien sputum banyak, ronchi, sulit dikeluarkan, peningkatan respirasi. Intervensi inovasi yang lakukan dievaluasi menggunakan formulir *clinical respirasi score* (CRS) dan *Airway Clearance Expansion Index* (ACE-I) Karakteristik evaluasi suara napas ronkhi batuk efektif, ronkhi tanpa batuk efektif dan vesikuler.

Sebelum diberikan inhalasi pasien mengalami gangguan pernapasan ringan, dengan karakteristik suara napas ronkhi tanpa batuk efektif. Setelah diberikan *postural drainage* dan fisioterapi dada evaluasi tidak ada gangguan pernapasan dan suara napas vesikuler. Dengan demikian bersihan jalan napas meningkat dan oksigenasi terpenuhi.

Kata Kunci: Postural drainage, fisioterapi dada, Pneumonia, meningkatkan bersihan jalan napas, anak .

ANALYSIS OF THE APPLICATION OF POSTURAL DRAINAGE AND CHEST PHYROTHERAPY TO IMPROVE AIRWAY CLEARANCE IN CHILDREN BRONCHOPNEUMONIA IN X BEKASI HOSPITAL

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ABSTRAC

Pneumonia is an infectious disease of various microorganisms including bacteria, mycobacteria, fungi and viruses which results in inflammation of the lung parenchyma which can cause nursing problems related to oxygenation, namely ineffective airway clearance caused by difficulty removing sputum production. Nurses as part of health service providers must play a role in overcoming these problems. Innovative interventions made to address airway clearance problems are postural drainage and chest physiotherapy. Case studies were conducted on 3 patients with a diagnosis of pneumonia and nursing problems of airway clearance with patient data of a lot of sputum, rhonchi, difficult to expel, increased respiration. The innovative interventions that were carried out were evaluated using the clinical respiration score (CRS) form and the Airway Clearance Expansion Index (ACE-I). The characteristics of the evaluation of breath sounds were effective cough crackles, crackles without effective cough and vesicular.

Prior to inhalation, the patient experienced mild respiratory distress, with characteristic crackling breath sounds without effective coughing. After being given postural drainage and chest physiotherapy evaluation, there were no respiratory problems and vesicular breath sounds. Thus the airway clearance increases and oxygenation is fulfilled.

Keywords: Postural drainage, chest physiotherapy, Pneumonia, improve airway clearance,