

ABSTRAK

Nahdya Salsabilla (2025), *Penerapan Terapi Inhalasi Peppermint Oil Untuk Mengatasi Bersihan Jalan Napas Tidak Efektif pada Anak Yang Mengalami ISPA di Wilayah Kerja Puskesmas Langsat Pekanbaru*. Karya Studi Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan Politeknik Kesehatan Kementerian Kesehatan Riau. Pembimbing (1) Ns. Magdalena, SST, S.Kep., M.Kes, (2) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B.

Latar Belakang: Anak-anak merupakan kelompok usia yang rentan terhadap penyakit menular, termasuk infeksi saluran pernapasan akut (ISPA), akibat sistem imun yang belum matang. ISPA merupakan inflamasi pada saluran pernapasan yang dapat disebabkan oleh agen infeksius seperti virus, bakteri, maupun jamur yang menimbulkan gejala seperti batuk, demam, pilek, kesulitan bernapas, dan mengi. Penumpukan sekret pada bronkus saat batuk dapat mengganggu efektivitas pembersihan saluran napas. Salah satu pengobatan dengan cara non farmakologis adalah dengan terapi inhalasi menggunakan peppermint, yaitu pemberian uap panas yang dihirup tetapi menggunakan aroma terapi peppermint. Tujuan: Mengetahui efektivitas terapi inhalasi peppermint *oil* pada penderita ISPA dengan keluhan bersihan jalan napas tidak efektif. Metode: Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus, melibatkan dua subyek di wilayah kerja Puskesmas Langsat pada 24–29 Maret 2025. Teknik pengumpulan data meliputi wawancara, pemeriksaan fisik, observasi, dan dokumentasi. Hasil: Terapi inhalasi peppermint *oil* selama tiga hari berturut-turut efektif menurunkan frekuensi napas dan mengurangi suara napas tambahan. Subjek I menunjukkan perubahan frekuensi napas dari 28x/m menjadi 22x/m dengan sputum bening, batuk, sekret dan suara napas tambahan tidak ada, sedangkan subjek II menunjukkan perubahan frekuensi napas dari 26x/m menjadi 24x/m dengan warna sputum sedikit putih, batuk, sekret dan suara napas tambahan berkurang. Kesimpulan: Hasil penelitian menunjukkan adanya peningkatan bersihan jalan napas pada anak ISPA setelah diterapkan intervensi terapi inhalasi Peppermint *oil*. Saran: Disarankan agar subyek dan keluarga dapat menerapkan terapi ini secara mandiri saat gejala ISPA kembali muncul.

Kata Kunci : Anak, Bersihan Jalan Napas, Infeksi Saluran Pernapasan Akut, Terapi Inhalasi Peppermint *Oil*, Sputum

ABSTRACT

Nahdya Salsabilla (2025), *Application of Peppermint Oil Inhalation Therapy to Overcome Ineffective Airway Clearance in Children with ARI in the Work Area of Langsat Health Center, Pekanbaru. Scientific Study Case Study, DIII Nursing Study Program, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisors (1) Ns. Magdalena, SST, S.Kep., M.Kes, (2) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B.*

Background: Children are an age group that is susceptible to infectious diseases, including acute respiratory infections (ARI), due to an immature immune system. ARI is an inflammation of the respiratory tract that can be caused by infectious agents such as viruses, bacteria, or fungi that cause symptoms such as coughing, fever, runny nose, difficulty breathing, and wheezing. Accumulation of secretions in the bronchi when coughing can interfere with the effectiveness of airway clearance. One of the non-pharmacological treatments is inhalation therapy using peppermint, which is the administration of hot steam that is inhaled but uses peppermint aromatherapy. Purpose Of The Study: To determine the effectiveness of peppermint oil inhalation therapy in patients with ARI with complaints of ineffective airway clearance. The Method: This study used a descriptive method with a case study approach, involving two subjects in the Langsat Health Center work area on March 24–29, 2025. Data collection techniques included interviews, physical examinations, observations, and documentation. The Results: Peppermint oil inhalation therapy for three consecutive days effectively reduced breathing frequency and reduced additional breath sounds. Subject I showed a change in respiratory rate from 28x/m to 22x/m with clear sputum, cough, secretion and no additional breath sounds, while subject II showed a change in respiratory rate from 26x/m to 24x/m with slightly white sputum, cough, secretion and additional breath sounds decreased. Conclusion: The results of the study showed an increase in airway clearance in children with ARI after the application of Peppermint oil inhalation therapy intervention. Suggestion: It is recommended that subjects and families can apply this therapy independently when ARI symptoms reappear.

Keywords : Acute Respiratory Infection, Airway Clearance, Children, Peppermint Oil Inhalation Therapy, Sputum