

ABSTRAK

Asuhan Keperawatan pada Anak ISPA dengan Masalah Keperawatan Bersihan Jalan Napas Tidak Efektif di Wilayah Kerja Puskesmas Langsung Pekanbaru. Anggi Adela Zahra Jayanti (2026). Program Studi Diploma Tiga Keperawatan Riau, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau Dosen Pembimbing (I) Ns. Yulianto, S.Kep., M.Pd., MPH, Dosen Pembimbing (II) Ns. Magdalena, SST., S.Kep., M.Kes.

Infeksi Saluran Pernapasan Akut (ISPA) merupakan penyakit saluran pernapasan yang sering terjadi pada anak dan dapat menyebabkan penumpukan sekret sehingga menimbulkan masalah bersihan jalan napas tidak efektif. Studi kasus ini bertujuan menggambarkan asuhan keperawatan pada anak ISPA dengan Masalah Keperawatan Bersihan Jalan Napas Tidak Efektif di Wilayah Kerja Puskesmas Langsung Pekanbaru. Metode yang digunakan adalah deskriptif dengan pendekatan studi kasus melalui proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, evaluasi, dan dokumentasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Hasil pengkajian pada An.H menunjukkan batuk berdahak sejak 7 hari, pilek kental berwarna kuning, frekuensi napas 27 kali/i, saturasi oksigen 96%, suara napas ronkhi, sputum berlebih, dan belum mampu melakukan batuk efektif. Diagnosis keperawatan yang ditegakkan adalah Bersihan Jalan Napas Tidak Efektif berhubungan dengan hipersekresi jalan napas. Intervensi yang diberikan meliputi manajemen jalan napas, posisi fowler, pemberian air hangat, fisioterapi dada, dan latihan batuk efektif. Setelah dilakukan asuhan keperawatan selama 3×24 jam, frekuensi napas membaik menjadi 20 kali/i, suara napas vesikuler, sekret berkurang, dan pasien mampu melakukan batuk efektif secara mandiri. Disarankan keluarga melanjutkan latihan batuk efektif, pemberian air hangat, dan pemantauan kondisi anak di rumah.

Kata Kunci: Asuhan Keperawatan, ISPA, Bersihan Jalan Napas Tidak Efektif, Batuk Efektif, Fisioterapi Dada.

ABSTRACT

Nursing Care for Children with Acute Respiratory Infection and Ineffective Airway Clearance Nursing Problem in the Working Area of Langsat Public Health Center Pekanbaru. Anggi Adela Zahra Jayanti (2026). Diploma Three Nursing Study Program Riau, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor I: Ns. Yulianto, S.Kep., M.Pd., MPH. Supervisor II: Ns. Magdalena, SST., S.Kep., M.Kes.

Acute Respiratory Infection (ARI) is a respiratory tract disease that commonly occurs in children and may cause secretion accumulation, leading to the nursing problem of ineffective airway clearance. This case study aimed to describe nursing care for children with ARI and ineffective airway clearance nursing problem in the working area of Langsat Public Health Center Pekanbaru. The method used was descriptive with a case study approach through the nursing process, including assessment, nursing diagnosis, intervention, implementation, evaluation, and documentation. Data were collected through interviews, observation, physical examination, and documentation study. The assessment results of An. H showed productive cough for seven days, thick yellow nasal discharge, respiratory rate of 27 breaths per minute, oxygen saturation of 96%, rhonchi breath sounds, excessive sputum, and inability to perform effective coughing. The nursing diagnosis established was ineffective airway clearance related to airway hypersecretion. The interventions provided included airway management, Fowler's position, warm water administration, chest physiotherapy, and effective coughing exercises. After nursing care was carried out for 3×24 hours, the respiratory rate improved to 20 breaths per minute, breath sounds became vesicular, secretions decreased, and the patient was able to perform effective coughing independently. It is recommended that the family continue effective coughing exercises, provide warm water, and monitor the child's condition at home.

Keywords: Nursing Care, Acute Respiratory Infection, Ineffective Airway Clearance, Effective Coughing, Chest Physiotherapy.