

ABSTRAK

Nurfadillah Oktavia (2026). Asuhan Keperawatan pada Klien dengan Penyakit Paru Obstruktif Kronis dengan Masalah Pola Napas Tidak Efektif di RSUD Arifin Achmad Provinsi Riau Tahun 2026. Karya Tulis Ilmiah Studi Kasus, Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (1) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B (II) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B.

Penyakit Paru Obstruktif Kronis (PPOK) eksaserbasi dapat menyebabkan komplikasi pneumotoraks akibat pecahnya bula yang mengganggu ekspansi paru dan menimbulkan masalah pola napas tidak efektif. Studi kasus ini bertujuan menggambarkan penerapan asuhan keperawatan pada klien PPOK dengan masalah pola napas tidak efektif. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan pada Tn. P yang dirawat di Ruang Jasmin RSUD Arifin Achmad selama tiga hari, yaitu tanggal 21–23 Mei 2026. Hasil pengkajian menunjukkan pasien mengalami sesak napas, frekuensi napas 24 kali/menit, nyeri dada kiri skala 9, dan terpasang Water Seal Drainage (WSD). Intervensi yang diberikan meliputi pemantauan status pernapasan, pengaturan posisi semi-Fowler, latihan napas dalam, batuk efektif, dan pemantauan fungsi WSD. Hasil evaluasi menunjukkan sesak napas teratasi, nyeri menurun menjadi skala 0, dan frekuensi napas membaik menjadi 18 kali/menit. Disimpulkan bahwa intervensi keperawatan yang diberikan efektif dalam mengatasi pola napas tidak efektif pada pasien PPOK dengan pneumotoraks kiri. Disarankan agar perawat mengoptimalkan pemantauan WSD dan edukasi latihan napas mandiri untuk mencegah kekambuhan setelah pasien pulang.

Kata Kunci: PPOK, Pneumotoraks Kiri, Pola Napas Tidak Efektif, WSD, Asuhan Keperawatan

ABSTRACT

Nurfadillah Oktavia (2026). Nursing Care for a Client with Chronic Obstructive Pulmonary Disease and the Nursing Problem of Ineffective Breathing Pattern. at Arifin Achmad Regional General Hospital, Riau Province in 2026. Scientific Case Study Report. Diploma III Nursing

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Chronic Obstructive Pulmonary Disease (COPD) exacerbation may cause pneumothorax as a result of ruptured bullae, leading to impaired lung expansion and an ineffective breathing pattern. This case study aimed to describe the implementation of nursing care for a client with COPD experiencing an ineffective breathing pattern. The method used was a descriptive case study employing the nursing process approach on Mr. P, who was hospitalized in the Jasmin Ward of Arifin Achmad Regional General Hospital for three days, from May 21 to May 23, 2026. The initial assessment revealed shortness of breath, a respiratory rate of 24 breaths per minute, left-sided chest pain with a pain scale of 9, and the presence of a Water Seal Drainage (WSD) device. Nursing interventions included monitoring respiratory status, positioning the patient in a semi-Fowler position, teaching deep breathing exercises, effective coughing techniques, and monitoring WSD function. Evaluation results showed that shortness of breath was resolved, pain decreased to a scale of 0, and the respiratory rate improved to 18 breaths per minute. It was concluded that the nursing interventions were effective in overcoming the ineffective breathing pattern in a COPD patient with left pneumothorax. Nurses are encouraged to optimize WSD monitoring and provide education on independent breathing exercises to prevent recurrence after discharge.

Keywords: *COPD, Left Pneumothorax, Ineffective Breathing Pattern, Water Seal Drainage, Nursing Care.*