

ABSTRAK

Maharani Cantika Aisyah (2026). Asuhan Keperawatan Pada Klien Penyakit Paru Obstruktif Kronis di RSUD Arifin Achmad Provinsi Riau Tahun 2026. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Riau, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (1) Ns. Nia Khusniyati, M.Kep.,Sp.Kep.MB (II) Ns. Yoza Misra Fatmi, M.Kep.,Sp.Kep.MB

Penyakit Paru Obstruktif Kronik (PPOK) merupakan penyakit paru kronik yang ditandai dengan hambatan aliran udara yang persisten dan progresif sehingga dapat menyebabkan gangguan bersihan jalan napas akibat penumpukan sekret. Kondisi ini ditandai dengan sesak napas, batuk berdahak, peningkatan frekuensi napas, dan suara napas tambahan. Tujuan studi kasus ini adalah menggambarkan asuhan keperawatan pada pasien PPOK dengan masalah keperawatan bersihan jalan napas tidak efektif di RSUD Arifin Achmad Provinsi Riau. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah satu orang pasien laki-laki berusia 62 tahun dengan diagnosis medis PPOK eksaserbasi berat yang dirawat selama tiga hari. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi medis. Hasil pengkajian menunjukkan pasien mengalami sesak napas, batuk berdahak yang sulit dikeluarkan, frekuensi napas 26 kali/menit, serta terdengar suara napas tambahan berupa ronki. Diagnosis keperawatan yang ditegakkan adalah bersihan jalan napas tidak efektif berhubungan dengan hipersekresi jalan napas. Intervensi meliputi pemantauan status pernapasan, latihan batuk efektif, pengaturan posisi semi Fowler, terapi oksigen, serta kolaborasi pemberian nebulizer sesuai program medis. Evaluasi menunjukkan penurunan keluhan sesak napas, peningkatan kemampuan mengeluarkan sputum, penurunan kebutuhan oksigen dari NRM 10 liter/menit menjadi 8 liter/menit, serta berkurangnya suara napas tambahan ronki. Masalah bersihan jalan napas tidak efektif teratasi sebagian.

Kata Kunci: PPOK, bersihan jalan napas tidak efektif, asuhan keperawatan.

ABSTRACT

Maharani Cantika Aisyah (2026). Nursing Care for Patients with Chronic Obstructive Pulmonary Disease at Arifin Achmad Regional General Hospital, Riau Province in 2026. Scientific Case Study Report, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Nia Khusniyati, M.Kep., Sp.Kep.MB (II) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.MB.

Chronic Obstructive Pulmonary Disease (COPD) is a chronic respiratory disease characterized by persistent and progressive airflow limitation that may cause ineffective airway clearance due to mucus accumulation. This condition is characterized by shortness of breath, productive cough, increased respiratory rate, and adventitious breath sounds. The purpose of this case study was to describe nursing care for a patient with COPD experiencing ineffective airway clearance at Arifin Achmad Regional General Hospital, Riau Province. The method used was a descriptive case study with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject of this study was a 62-year-old male patient diagnosed with severe exacerbation COPD who was hospitalized for three days. Data were collected through interviews, observation, physical examination, and medical record documentation. Assessment results showed that the patient experienced shortness of breath, productive cough with difficulty expectorating sputum, a respiratory rate of 26 breaths per minute, and additional breath sounds in the form of rhonchi. The nursing diagnosis established was ineffective airway clearance related to airway hypersecretion. Interventions included respiratory status monitoring, effective coughing exercises, semi-Fowler positioning, oxygen therapy, and collaboration in nebulizer administration according to the medical treatment plan. Evaluation results showed a reduction in shortness of breath, improved ability to expectorate sputum, decreased oxygen requirement from a Non-Rebreathing Mask (NRM) at 10 liters/minute to 8 liters/minute, and reduced rhonchi breath sounds. The problem of ineffective airway clearance was partially resolved.

Keywords: COPD, ineffective airway clearance, nursing care.