

Pengaruh deep breathing exercise terhadap fungsi ventilasi oksigenasi paru pada klien post ventilasi mekanik

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Abstrak

Deep breathing exercise merupakan latihan aktifitas paru dengan teknik nafas dalam dan batuk efektif untuk meningkatkan ventilasi oksigenasi. Tujuan penelitian untuk mengidentifikasi pengaruh deep breathing exercise terhadap fungsi ventilasi oksigenasi paru pada klien post ventilasi mekanik. Penelitian ini menggunakan quasy experiment dengan 26 responden (intervensi dan kontrol). menggunakan instrumen bedside monitor, peak flowmeter dan pulse oximetry. Penelitian dilaksanakan di ICU RSUD Dr. Moewardi, RSUD Tugurejo dan RSUD Ambarawa. Hasil penelitian menunjukkan ada perbedaan yang bermakna fungsi ventilasi oksigenasi paru setelah melakukan deep breathing exercise pada hari ke- 4 dan 5 ($p=0.018$, $p=0.004$).

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Deep breathing exercise is pulmonary activities with deep breath technique and effective cough to restore oxygenation ventilation. The purpose of research is to identify the influence of deep breathing exercises on ventilation oxygenation pulmonary function on client with post mechanical ventilation. The research used quasy experiment, with 26 respondents (intervention and control) by using bedside monitor, peak flowmeter, pulse oximetry. The research was conducted on ICU of Dr. Moewardi Regional Hospital, Tugurejo Regional Hospital and Ambarawa Regional Hospital. The results show significant difference ventilation oxygenation pulmonary function after conducting deep breathing exercise on day 4 and 5 ($p=0.018$, $p=0.004$).