

## Asuhan keperawatan keluarga Bapak T dengan ketidakefektifan bersihan jalan napas pada masalah kesehatan tuberkulosis paru di RW 01 Kelurahan Cisalak Pasar, Cimanggis, Depok = Family nursing care with ineffectiveness of airway clearance with pulmonary tuberculosis disease in RW 01 Kelurahan Cisalak Pasar, Cimanggis, Depok

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### Abstrak

Tuberkulosis merupakan penyakit menular di Indonesia dengan angka kejadian cukup tinggi. Depok merupakan salah satu daerah yang memiliki jumlah penderita TB cukup banyak. Di Kelurahan Cisalak Pasar ditemukan keluarga dengan lansia yang menderita penyakit ini lebih dari dua kali. Saat ini tanda dan gejala TB ditemukan kembali pada keluarga dengan ditandai batuk-batuk dan sesak napas. diagnosa keperawatan yang ditegakkan yaitu ketidakefektifan bersihan jalan napas. Selama ini, keluarga tidak melakukan tindakan penyelesaian masalah kesehatan tersebut, padahal keluarga merupakan bagian terdekat yang memiliki peranan penting.

Asuhan keperawatan yang dilakukan menitikberatkan pada kelima tugas utama kesehatan keluarga dengan mempertimbangkan usia lansia. Perawatan yang dilakukan pada keluarga yaitu untuk mengatasi tanda dan gejala tersebut. Kombinasi inhalasi sederhana dan batuk efektif telah mampu mengurangi sesak dan mempermudah penderita mengeluarkan dahak. Perawatan tersebut diharapkan dikenalkan oleh perawat sebagai pemberi pelayanan kesehatan masyarakat agar dapat membantu keluarga dalam melakukan perawatan mandiri.

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Tuberculosis was an infection disease in Indonesia with high incident rate. Depok was an area that has a number of people affected by tuberculosis quite a lot. In Kelurahan Cisalak Pasar, found family with elderly that affected by this disease more than twice. This time, tuberculosis's symptoms were found again in this family by coughing and shortness breathing. Ineffectiveness of airway clearance was became priority nursing diagnostic. During this time, the family had never took an action to solve these health problem.

Though, the family was the nearest aspect that have important roles.

Nursing care focused on five main roles of family's health and considered more about elderly. The treatment gave to family was performed to deal the symptoms that may occurs. Combination steam inhalation and effective coughing had been able to reduce the shorthness breathing problem and easily help remove pleghm. Those treatment were axpected to be introduced by nurse as community health care provider to help family in performing self-care.