# Pengaruh penggunaan hand held fan terhadap sesak pada pasien kanker paru = Effect of hand held fan airflow stimulation on dyspnea in lung cancer patients / Ni Luh Putu Dewi Puspawati

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Abstrak

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Gejala utama kanker paru adalah sesak yang dapat menyebabkan depresi, cemas, keterbatasan aktivitas mandiri serta menurunkan kualitas hidup. Tujuan dari penelitian ini adalah untuk mengidentifikasi pengaruh stimulasi aliran udara dari hand-held fan sebagai intervensi paliatif nonfarmakologis terhadap sesak pada pasien kanker paru. Penelitian ini menggunakan randomized controlled crossover open trial design dan melibatkan 21 subjek. Kontrol yang digunakan sebagai pembanding adalah teknik pernafasan diafragma. Hasil uji Wilcoxon menunjukkan bahwa stimulasi aliran udara dari hand-held fan mempengaruhi skala sesak (p= 0,003) dan frekuensi pernapasan (p= 0,008) secara signifikan. Intervensi tersebut dapat dilakukan pada pasien kanker paru sesak nonhipoksemia.
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ABSTRACT<br>
The main symptom of lung cancer is dyspnea which can lead to depression, anxiety, limited independent activities and decreased quality of life. The purpose of this study was to identify the effect of airflow stimulation from hand-held fan as non-pharmacological palliative intervention on dyspnea in patients with lung cancer. This study used open randomized controlled crossover trial design involved 21 subject. Diaphragmatic breathing technique was used in control arm. Wilcoxon test result showed that airflow stimulation significantly influenced dyspnea scale (p= 0.003) and respiratory rate (p=0.008). This intervention can be applied on nonhypoxemic dyspneic lung cancer patients, The main symptom of lung cancer is dyspnea which can lead to depression,
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