

Analisis Asuhan Keperawatan Pada Pasien Peritonitis TB Disertai Efusi Pleura Dengan Penerapan Pursed Lip Breathing Dan Graded Exercise Therapy di RSUPN Dr.Cipto Mangunkusumo = Analysis of Nursing Care in Peritoneal Tuberculosis Patients Accompanied by Pleural Effusion With the Application of Pursed Lip Breathing and Graded Exercise Therapy at Cipto Mangunkusumo Hospital

Yunita Sari, author

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Abstrak

Peritonitis tuberkulosis adalah peradangan peritoneum parietal atau visceral yang disebabkan oleh mycobacterium tuberculosis. Efusi pleura terjadi karena komplikasi dari penyakit yang menyertai maupun proses infeksi yang mengenai rongga pleura. Masalah keperawatan yang dapat ditegakkan yaitu gangguan pertukaran gas dan intoleransi aktivitas. Karya Ilmiah Akhir Ners ini bertujuan untuk menganalisis asuhan keperawatan dengan pemberian intervensi pursed lip breathing dan graded exercise therapy. Metode yang digunakan berupa laporan kasus yang dikelola selama 4 hari berdasarkan tinjauan literatur. Hasil analisis kombinasi intervensi mengenai efektifitas pemberian intervensi pursed lip breathing dan graded exercise therapy terbukti efektif dalam mengatasi masalah gangguan pertukaran gas dan intoleransi aktivitas.

Dibuktikan dengan perubahan tanda-tanda vital menjadi lebih stabil, frekuensi pernapasan dan frekuensi nadi membaik, serta keluhan sesak pasien berkurang. Toleransi aktivitas pasien menjadi lebih meningkat dengan kemampuan self care yang meningkat. Pemberian intervensi pursed lip breathing dan graded exercise therapy direkomendasikan dalam mengatasi gangguan pertukaran gas dan intoleransi aktivitas.

.....Peritoneal tuberculosis is an inflammation of the parietal or visceral peritoneum caused by mycobacterium tuberculosis. Pleural effusion occurs due to complications from the accompanying disease as well as infectious processes that affect the pleural cavity. Enforceable nursing problems are gas exchange disorders and activity intolerance. This study aims to analyze nursing care by providing pursed lip breathing and graded exercise therapy interventions. The method that used is a case report that is managed for four days based on a literature review. The results of the combination analysis of interventions regarding the effectiveness of giving pursed lip breathing and graded exercise therapy interventions have been shown to be effective in overcoming the problems of gas exchange disorders and activity intolerance. Evidenced by the change of vital signs to become more stable, the frequency of breathing and the frequency of the pulse improve, as well as dyspnea of the patient are reduced. The tolerance of patient activity improved with the increaseing self-care ability. Intervention of pursed lip breathing and graded exercise therapy is recommended in overcoming gas exchange disorders and activity intolerance.