

ABSTRAK

Pengaruh Fisioterapi Dada dan Batuk Efektif Terhadap Bersihan Jalan Napas Pada Pasien Tuberkulosis Paru di RSUD Husada Prima

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Tuberkulosis (TBC) paru penyakit menular yang disebabkan oleh bakteri berbentuk batang (basil) yang dikenal dengan nama *Mycobacterium tuberculosis*. Penularan penyakit ini ke paru-paru melalui air liur atau dahak (sputum) penderita yang mengandung basil tuberkulosis paru. Data penyakit tuberkulosis (TBC) yang diderita masyarakat di Jawa Timur (Jatim) mengalami peningkatan dari 2021 sebanyak 53.289 jiwa menjadi 81.753 sepanjang 2022. Penumpukan sekret di saluran pernapasan bagian bawah dapat memperburuk batuk karena sekret tersebut menyumbat saluran napas. Peningkatan bersihan jalan napas yang tidak efektif dapat di atasi dengan beberapa cara salah satunya yaitu fisioterapi dada dan batuk efektif. Penelitian ini bertujuan untuk Menganalisis Pengaruh Fisioterapi Dada Dan Batuk Efektif Terhadap Bersihan Jalan Napas Pada Pasien Tuberkulosis Paru di RSUD Husada Prima. desain Penelitian ini menggunakan Pre-Eksperimen *One-Group with pretest posttest*. Sampel penelitian ini sejumlah 27 pasien tbc yang dipilih dengan accidental sampling. Fisioterapi dada dan batuk efektif sebagai variabel independent. Bersihan jalan napas sebagai variabel dependent diukur menggunakan lembar observasi. Menggunakan Uji *Wilcoxon Signed Rank Test*. **Hasil** : Hasil *Wilcoxon Sign Rank Test* yaitu nilai Signifikan (2-tailed) *pretest* dan *posttest* adalah 0,034. Nilai signifikasi tersebut $p < 0,05$ sehingga didapatkan hasil bahwa H1 diterima dan H0 ditolak. Sehingga dapat diartikan Terdapat Pengaruh Fisioterapi Dada Dan Batuk Efektif Terhadap Bersihan Jalan Napas Pada Pasien Tuberkulosis Paru Di RSUD Husada Prima. **Kesimpulan** : Dengan demikian, terdapat pengaruh fisioterapi dada dan batuk efektif terhadap bersihan jalan napas menjadi salah satu terapi non farmakologis. **Kata Kunci** : Tuberculosis, Fisioterapi dada, Batuk Efektif

ABSTRACT

The Effect of Chest Physiotherapy and Effective Coughing on Airway Clearance in Pulmonary Tuberculosis Patients at Husada Prima Hospital

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Background: Pulmonary tuberculosis is an infectious disease caused by rod-shaped bacteria (bacilli) known as *Mycobacterium tuberculosis*. This disease is transmitted to the lungs through the patient's saliva or phlegm (sputum) which contains pulmonary tuberculosis bacilli. Data on tuberculosis (TB) suffered by people in East Java (Jatim) has increased from 53,289 people in 2021 to 81,753 in 2022. Accumulation of secretions in the lower respiratory tract can worsen coughing because the secretions block the airways. can be treated effectively in several ways, one of which is chest physiotherapy and effective coughing. **Method:** This research aims to analyze the effect of chest physiotherapy and coughing on airway clearance in pulmonary tuberculosis patients at Husada Prima Regional Hospital. This research uses design One-Group Pre-Experiment with pretest posttest using probability sampling technique. The sample for this research was 27 patients with TBC. Chest physiotherapy and cough were effective as independent variables. Airway clearance as the dependent variable was measured using an observation sheet. Using the Wilcoxon Signed Rank Test. **Results:** The results of the Wilcoxon Sign Rank Test, namely the significant (2-tailed) pretest and posttest value, are 0.034. The significance value is $p < 0.05$ so that the result is that H_1 is accepted and H_0 is rejected. So it can be interpreted that there is an effect of chest physiotherapy and effective coughing on airway clearance in pulmonary tuberculosis patients at Husada Prima Regional Hospital. **Conclusion:** Thus, there is an effective effect of chest physiotherapy and coughing on airway clearance as a non-pharmacological therapy. **Keywords:** Tuberculosis, chest physiotherapy, effective cough

