

**ABSTRAK**  
**ASUHAN KEPERAWATAN POLA NAFAS TIDAK EFEKTIF PADA  
PASIEN COVID-19 CONFIRMED GEJALA RINGAN YANG MENJALANI  
ISOLASI MANDIRI DI HOTEL ASRAMA HAJI (HAH) SURABAYA**

Sebagian besar penderita Covid-19 mengalami gejala klinis, namun tidak menyatakan keluhan tetapi mengalami penurunan saturasi oksigen. Penelitian ini bertujuan mengetahui gambaran asuhan keperawatan pola nafas tidak efektif pada pasien *Covid-19 confirmed* gejala ringan. Penelitian ini menggunakan metode fokus studikases pendekatan asuhan keperawatan dengan subjek sebanyak 2 pasien di Hotel Asrama Haji Surabaya. 5 tahap proses keperawatan meliputi pengkajian, diagnosa, intervensi, implementasi dan evaluasi keperawatan. Instrument yang digunakan meliputi format asuhan keperawatan, pulse oksimetri, tensi meter, stetoskop. Data pengkajian menggunakan diagnose mayor untuk masalah keperawatan pola nafas tidak efektif dengan batuk pilek, saturasi menurun, nyeri dada saat batuk, takipneu. Tindakan yang dilakukan pada kedua pasien meliputi melatih batuk efektif, memposisikan semi fowler, nebulasi, ROM aktif, dan prone position. Pemberian *prone position* pada kedua pasien dapat meningkatkan saturasi oksigen rerata 98-99% pada hari ke-3 dan pernafasan normal. Pemberian prone position pada pasien Covid-19 dapat membantu mengurangi masalah pola nafas tidak efektif melalui peningkatan ventilasi perfusi. Posisi ini dapat menjadi alternative khususnya pada perawat pasien Covid-19 yang menjalani isolasi mandiri.

**Kata Kunci:** Asuhan Keperawatan, Pola Nafas Tidak Efektif, Saturasi Oksigen, Posisi Pronasi, Covid-19.

## **ABSTRACT**

### ***NURSING CARE CARE IN EFFECTIVE BREATHING PATTERNS IN COVID-19 PATIENTS CONFIRMED WITH MILD SYMPTOMS WHO ARE UNDERGOING INDEPENDENT ISOLATION AT THE HAJJ DORMITORY (HAH) HOTEL, SURABAYA***

*Most of the Covid-19 sufferers experienced clinical symptoms, but did not express complaints but experienced a decrease in oxygen saturation. This study aims to determine the description of nursing care in ineffective breathing patterns in Covid-19 patients with confirmed mild symptoms. This research uses a case study focus method of nursing care approach with as many as 2 patients as a subject at the Haji Dormitory Hotel Surabaya. The 5 stages of the nursing process include assessment, diagnosis, intervention, implementation and evaluation of nursing. Instruments used include nursing care format, pulse oximetry, blood pressure meter, stethoscope. The assessment data uses major diagnoses for nursing problems with ineffective breathing patterns with cold cough, decreased saturation, chest pain when coughing, tachypnea. The actions taken for both patients included practicing effective coughing, semi-Fowler's position, nebulization, active ROM, and prone position. Giving prone position to both patients can increase oxygen saturation by an average of 98-99% on day 3 and normal breathing. Giving prone position to Covid-19 patients can help reduce ineffective breathing patterns by increasing ventilation perfusion. This position can be an alternative, especially for nurses for Covid-19 patients who are undergoing independent isolation.*

**Keywords:** *Nursing Care, Ineffective Breath Patterns, Oxygen Saturation, Pronation Position, COVID-19*