

KARYA ILMIAH AKHIR NERS

ASUHAN KEPERAWATAN BERSIHAN JALAN NAPAS TIDAK EFEKTIF PADA KLIEN *COVID-19* DI RUANG RIK CEMPAKA RSUD DR SUTOMO SURABAYA

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ABSTRAK

Latar Belakang : *Coronavirus Disease 2019 (COVID-19)* merupakan salah satu penyakit pernapasan akut yang penyebarannya sangat cepat berkembang hingga dinyatakan sebagai pandemi. Wabah *Coronavirus Disease 2019 (COVID-19)* disebabkan oleh *Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2)*. Tujuan penelitian ini adalah untuk mengetahui asuhan keperawatan bersihkan jalan napas tidak efektif pada klien *covid-19*. **Metode :** Penelitian ini menggunakan metode studi kasus dengan pendekatan asuhan keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, pelaksanaan, dan evaluasi. Responden yang digunakan yaitu klien dengan kasus Covid-19 berjumlah 2 orang yang dirawat di ruang RIK Cempaka RSUD Dr. Soetomo Surabaya. Metode pengambilan data pada penelitian ini yaitu dengan wawancara, pemeriksaan fisik dan pemeriksaan penunjang. Instrumen pengumpulan data menggunakan format pengkajian sesuai ketentuan yang berlaku di Prodi Pendidikan Profesi Ners. Analisa data secara deskriptif. **Kesimpulan :** Pada pengkajian didapatkan kedua klien memiliki keluhan utama yang sama yaitu batuk tidak efektif. Diagnosis yang muncul yaitu bersihkan jalan napas tidak efektif berhubungan dengan sekresi tertahan ditandai dengan RR >22x/menit, SpO₂ <95% dan adanya suara napas tambahan ronkhi. Tahap perencanaan untuk mempertahankan jalan napas maka dilakukan perencanaan manajemen jalan napas. Tindakan keperawatan dilakukan selama 3 hari yaitu manajemen jalan napas yang meliputi monitor pola napas, bunyi napas tambahan, sputum, pemberian posisi semi fowler, terapi O₂, latihan batuk efektif serta kolaborasi pemberian obat mukolitik. Pada tahap evaluasi kedua klien didapatkan klien 1 masalah teratasi dan klien 2 masalah belum teratasi. **Rekomendasi :** disarankan tenaga keperawatan dapat lebih meningkatkan kemandirian klien dalam melakukan latihan batuk efektif pada klien Covid-19 dengan masalah keperawatan bersihkan jalan napas tidak efektif.

Kata kunci : *Covid-19*, Bersihkan jalan napas tidak efektif, Asuhan Keperawatan

KARYA ILMIAH AKHIR NERS

NURSING CARE CLEAN THE RESPIRATORY IS NOT EFFECTIVE ON COVID-19 CLIENTS IN RIK CEMPAKA ROOM DR. SUTOMO HOSPITAL SURABAYA

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ABSTRACT

Background: *Coronavirus Disease 2019 (COVID-19) is an acute respiratory disease whose infection spreads very quickly until it is declared a pandemic. The Coronavirus Disease 2019 (COVID-19) outbreak is caused by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). The purpose of this study was to determine ineffective airway clearance nursing care for COVID-19 clients.*

Methods: *This study uses a case study method with a nursing care approach that includes assessment, nursing diagnosis, planning, implementation, and evaluation. The respondents used were clients with Covid-19 cases totaling 2 people who were treated in the RIK Cempaka room at Dr. Soetomo Surabaya. Methods of collecting data in this study are interviews, physical examinations and supporting examinations. The data collection instrument uses an assessment format according to the applicable regulations in the Nursing Professional Education Study Program. Descriptive data analysis.*

Conclusion: *In the assessment, it was found that both clients had the same main complaint, namely an ineffective cough. The diagnosis that emerged was ineffective airway clearance related to retained secretions characterized by RR > 22x/minute, SpO₂ <95% and the presence of additional breath sounds rhonchi. In the planning stage to maintain the airway, airway management planning is carried out. Nursing actions were carried out for 3 days, namely airway management which included monitoring breathing patterns, additional breath sounds, sputum, giving semi-Fowler's position, O₂ therapy, effective coughing exercises and collaboration in administering mucolytic drugs. At the evaluation stage of the two clients, it was found that client 1 problem was resolved and client 2 problem had not been resolved.*

Recommendation: *it is recommended that nursing staff can further increase the client's independence in performing effective coughing exercises for Covid-19 clients with ineffective airway clearance nursing problems.*

Keywords: Covid-19, Ineffective airway clearance, Nursing Care