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Penerapan Latihan Efektif Terhadap Kemampuan Mengeluarkan Dahak Pada  
Pasien Asma Bronkial di RSUD Kota Bogor Tahun 2023  
i-xiv,45 halaman, V BAB, 5 Tabel, 5 Lampiran

## **ABSTRAK**

Asma adalah penyakit radang pernafasan kronis yang menyebabkan hiperaktivitas bronkus terhadap berbagai rangsangan, ditandai dengan gejala periodik berulang seperti wheezing, batuk, sesak, nafas, masalah bersihan jalan nafas, batuk tidak efektif dan dahak berlebih. Batuk efektif adalah metode melatih pasien tanpa kemampuan batuk efektif dengan tujuan laring, trakea, bronkus dari sekret atau benda asing disalurkan pernafasan. Bertujuan agar peneulis dapat mengetahui kemampuan mengeluarkan sputum sebelum dan sesudah melakukan penerapan Latihan batuk efektif di RSUD Kota Bogor. Penelitian ini menggunakan penelitian studi deskriptif. Pengambilan sampel menggunakan lembar observasi Bersihan Jalan Nafas dan Saturasi Oksigen dengan jumlah tiga responden. Dari ketiga responden di dapatkan hasil setelah dilakukan intervensi penerapan Latihan batuk efektif terhadap ketidakmampuan mengeluarkan sputum selama 3 hari ini terbukti mempengaruhi kemampuan mengeluarkan dahak, suara nafas tambahan tidak terdengar, batuk efektif responden meningkat dan dapat melakukan Latihan batuk efektif secara mandiri.

**Kata Kunci :** Asma Bronkial, Latihan Batuk Efektif, Kemampuan Mengeluarkan Dahak

**Daftar Pustaka :** 25 sumber (2013 – 2021)

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Implementation of Effective Exercises for Inability to Expel Sputum in Bronchial Asthma Patients at Bogor City Hospital in 2023

i-xiv, 45 pages, V CHAPTER, 5 Tables, 5 Appendices

### **ABSTRACT**

Asthma is a chronic respiratory inflammatory disease that causes bronchial hyperactivity to various stimuli, characterized by periodic recurring symptoms such as wheezing, coughing, shortness of breath, difficulty clearing the airways, ineffective coughing and excess phlegm. Effective coughing is a method of training patients without the ability to cough effectively to target the larynx, trachea, bronchi of secretions or foreign bodies in the respiratory tract. The aim is that the writer can find out the ability to expel sputum before and after carrying out the implementation of effective cough exercises at Bogor City Hospital. This research uses descriptive study research. Sampling used an observation sheet of Airway Clearance and Oxygen Saturation with a total of three respondents. From the three respondents, the results were obtained after the intervention of implementing effective cough exercises against the inability to expel sputum for 3 days was proven to affect the ability to expel sputum, additional breath sounds were not heard, the respondent's effective cough increased and was able to do cough exercises effective independently.

**Keywords** : Bronchial Asthma, Effective Cough Exercise, Inability to Expel Sptum

**Bibliography** : 25 sources (2013 – 2021)