

**APPLICATION OF THE ORTHOPNEA POSITION FOR A DECREASE
BREATHLESS IN LUNG TB PATIENTS IN ROE IGD
OF Dr. MOEWARDI HOSPITAL AT SURAKARTA**

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ABSTRATC

Background: Lung tuberculosis can cause asphyxiation. Lung TB patients with asphyxiated require non-pharmacological therapy as an additional therapy to support the recovery process, one of the non-pharmacological interventions is positioning. The position arrangement that can be applied is the orthopnea position. The orthopnea position allows the client to breathe regularly during inspiration and expiration because the oxygen entering the lungs will be more optimal and the pressure in the lungs is lower so that it can increase oxygen saturation and reduce respiratory rate. **Purpose:** To know the results of the application of orthopnea positions on lung TB patients who have been asphyxiated in the Emergency Observation Room (ROE) IGD RSUD Dr. Moewardi. **Methods:** Using descriptive methods with case studies of 2 lung TB patients with asphyxiated that was applied in January 2024. This position was given for three consecutive days in the morning and afternoon. Measuring devices used with Standard Operating Procedure (SOP) orthopnea position, oxymetry to measure oxygen saturation, and hand watches measure respiratory rate rate. **Result:** On respondent 1 before the application of the position orthopnea the value of SpO₂ is 95 % to 98 % and RR 27x per minute to 20x per minute. As for respondent 2 before the application of the position orthopnea the value of SpO₂ is 91 % to 97 % and RR 29x per minute to 22x per minute. **Conclusion:** The position of orthopnea can be considered one of the non-pharmacological techniques for reducing breaths in lung TB patients.

Keyword: Lung Tuberculosis, Orthopnea position, Asphyxiation, Respiratory Rate, oxygen saturation.