

***Application of Orthopnea Position to Reduce Respiratory Frequency in Pulmonary TB Patients in the Tulip Room at Dr. Hospital. Soeratno Gemolong***

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**ABSTRACT**

**Background:** Tuberculosis (TB) is an infectious disease caused by the bacterium *Mycobacterium tuberculosis*, which mainly attacks the respiratory system. Indonesia is ranked third highest in the world for the number of TB sufferers after India and China. In 2020, an estimated 9.9 million people suffered from TB worldwide. TB can cause serious complications such as severe hemoptosis, bronchiectasis, and spontaneous pneumothorax. Based on a preliminary study in the Tulip room at RSUD dr. Soeratno Gemolong, many pulmonary TB patients complain of shortness of breath which is overcome by using the semi-Fowler position. **The objective of the research:** This study aims to determine the effectiveness of the orthopnea position in reducing shortness of breath in pulmonary TB patients. **Methods:** The research design was a descriptive case study with two respondents whose respiratory frequency was measured before and after implementing the orthopnea position. **Results:** The results showed that the respiratory frequency decreased to the normal range after orthopnea position therapy. This therapy is considered effective in reducing shortness of breath in pulmonary TB patients, although its effectiveness can vary based on the patient's specific condition. **Summary:** orthopnea position therapy can be a safe and effective method to help patients with breathing problems, as long as measurements and monitoring are carried out carefully. It is hoped that this research can improve the quality of hospital services and contribute to scientific nursing literature.

**Keywords:** Tuberculosis (TB), Respiratory system, Infectious disease, Orthopnea position, Shortness of breath