

ABSTRACT

Application Technique Effective Against Cough Sputum Spending On Pulmonary Tuberculosis Patients In GandekanJebres Surakarta

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ABSTRACT

Background: Pulmonary tuberculosis is an infectious disease caused by the bacterium *Mycobacterium tuberculosis* that is transmitted through droplet (droplet nuclei) when a patient with pulmonary tuberculosis coughs and splashes containing the bacteria is inhaled by others while breathing. **Objective:** Describe the results of the implementation of effective coughing techniques against sputum expenditure in patients with pulmonary tuberculosis in Gandekan Jebres Surakarta. **Method:** This type of research use descriptive design, client is given effective cough technique intervention and use sputum pot tool to perform measurement before and after intervention. **Result:** The research is done by interview and observation method effective cough technique study for 9 consecutive days with frequency one time in a day that started on June 16 until June 24, 2017 at Gandekan Jebres Surakarta. Sputum expenditure after the application of effective cough technique experienced a slight increase, respondent said after the application of effective cough techniques the client feels easier in removing the sputum, more loose breathing, shortness of breath is reduced, and saving energy in the effort to release phlegm. **Conclusion:** The influence of the application of effective cough technique to sputum expenditure in patients with pulmonary tuberculosis.