

**IMPLEMENTATION OF SIMPLE EUCALYPTUS OIL STEAM INHALATION THERAPY
TO IMPROVE AIRWAY CLEARANCE IN PATIENTS WITH ACUTE RESPIRATORY
INFECTIONS (ARI)**

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ABSTRACT

Background: Acute Respiratory Infections (ARI) are contagious infections of the upper respiratory tract caused by viruses or bacteria. Symptoms may vary depending on the type of infectious agent, environmental conditions, and the patient's immune system. The prevalence of ARI in East Java in 2023 reached 51.4%, with ARI in Ngawi ranked among the top 10 most common diseases, totaling 32,793 cases. In Widodaren Sub-district, there were 1,307 reported cases of ARI in 2024. **Objective:** To describe the comparison of respiratory rate in ARI patients before and after undergoing simple steam inhalation therapy with eucalyptus oil. **Method:** This application used a descriptive case study method involving two respondents, Mrs. S (41) and Mr. R (15), both diagnosed with ARI. **Result:** There was a decrease in respiratory rate in both respondents after receiving simple steam inhalation therapy with eucalyptus oil. Mrs. S's respiratory rate decreased from 28 breaths/min to 23 breaths/min, and Mr. R's rate decreased from 29 breaths/min to 24 breaths/min. **Conclusion:** The application of simple eucalyptus oil steam inhalation therapy was effective in improving airway clearance in both respondents.

Keywords: Respiratory Rate, Eucalyptus Oil Steam Inhalation, ARI (Acute Respiratory Infection)