

ABSTRAK

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“PENERAPAN FISIOTERAPI DADA TERHADAP BERSIHAN JALAN NAPAS PADA ANAK USIA 6-12 TAHUN DENGAN GANGGUAN BERSIHAN JALAN NAPAS DI DESA JUMAPOLO KARANGANYAR”

ABSTRAK

Latar Belakang: Jumlah kasus bersihan jalan napas yang berada dikota Karanganyar antara lain disebabkan oleh kasus Tuberculosis Paru pada tahun 2016 sebanyak 2.788 kasus dengan BTA positif sebanyak 282 kasus dan jumlah keamtian sebanyak 12 kasus. Bersihan jalan napas yang disebabkan oleh kasus Infeksi Saluran Pernapasan Akut terutama pada balita sebanyak 911 kasus (39,15%) secara prosentase naik dibanding tahun 2015 sebanyak 881 kasus (10,22%). Jumlah kasus di Puskesmas Jumapolo didapatkan kasus dengan gangguan bersihan jalan napas terbanyak yaitu disebabkan oleh kasus ISPA. Data dalam 2 bulan terakhir yaitu didapatkan jumlah kasus ISPA sebanyak 40 kasus. **Tujuan :** Mendiskripsikan hasil penerapan fisioterapi dada terhadap bersihan jalan napas pada pasien dengan gangguan bersihan jalan napas. **Metode :** Rancangan penelitian yang diterapkan adalah studi kasus dengan desain penelitian adalah deskriptif. Pengambilan sampel berjumlah 2 responden. **Hasil :** Bersihan jalan napas responden pertama sebelum dilakukan penerapan fisioterapi dada *Respirasi rate* (RR) 29x/menit, PCH + dan RIC + Sedangkan setelah dilakukan fisioterapi dada 26x/menit PCH + dan RIC +. Responden kedua sebelum dilakukan penerapan *Respirasi rate* (RR) 28x/menit, PCH + dan RIC + Sedangkan setelah dilakukan fisioterapi dada 25x/menit PCH + dan RIC +. **Kesimpulan :** penerapan fisioterapi dada dapat mengatasi bersihan jalan napas.

Kata Kunci: *Bersihan Jalan napas, Fisioterapi Dada*

ABSTRACT

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“THE APPLICATION OF CHEST PHYSIOTHERAPY TO AIRWAY CLEARANCE IN CHILDREN 6-12 YEARS OLD WITH AIRWAY CLEARANCE DISTURBANCE (PROBLEM) IN JUMAPOLO VILLAGE KARANGANYAR REGENCY”

ABSTRACT

Background: Background: The number of cases of airway clearance in the city of Karanganyar, among others, was caused by the case of Pulmonary Tuberculosis in 2016 as many as 2,788 cases with positive smear as many as 282 cases and the number of arrests as many as 12 cases. Airway clearance caused by cases of Acute Respiratory Tract Infection, especially in infants, was 911 cases (39.15%), a percentage increase compared to 2015 as many as 881 cases (10.22%). The number of cases at the Jumapolo Health Center was found in cases with the most disruption of airway clearance, which was caused by ARI cases. Data in the last 2 months was obtained by the number of cases of ARI in 40 cases. **Objective:** Describe the results of the application of chest physiotherapy to airway clearance in patients with impaired airway clearance. **Method:** The research design applied is a case study with a descriptive research design. Sampling are 2 (two) respondents. **Results:** First respondent's trachea clearance before chest physiotherapy applied is the Respiration rate (RR) are 29 x / (29 times in a) minute, Respiratory Nose + and Intercostal Retraction + While after chest physiotherapy result in 26x / minute Nasal Cupping Respiratory + and Intercostal Retraction +. The second respondent prior to the application of Respiration rate (RR) 28x / minute, Respiratory Nose + and Intercostal Retraction + Whereas after doing chest physiotherapy 25x / minute Nose Cupping Respiratory + and Intercostal Retraction +. **Conclusion:** the application of chest physiotherapy can overcome the disturbance of trachea clearance.

Key Word : *Airway Clearence, chest physiotherapy*