

Analisis praktik klinik keperawatan kesehatan masalah masyarakat perkotaan pada Bapak D (79 Tahun) dengan masalah pola napas tidak efektif di Wisma Garuda PSTW Budi Mulia 01 DKI Jakarta = Analysis of clinical nursing practice health problems urban communities on Mr. D (79 years old) with ineffectiveness of breathing pattern at Wisma Garuda PSTW 01 Budi Mulia Jakarta = Analysis of clinical nursing practice health problems urban communities on Mr. D (79 years old) with ineffectiveness of breathing pattern at Wisma Garuda PSTW 01 Budi Mulia Jakarta

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Abstrak

[<b>ABSTRAK</b><br> Pola napas tidak efektif adalah proses inspirasi dan/atau ekspirasi yang tidak memberikan ventilasi yang cukup. Salah satu pola napas tidak efektif adalah takipnea atau pola napas cepat dari batas normal. Pada lansia, terjadi perubahan fisiologis sistem pernapasan yaitu menurunnya refleks batuk, penurunan mobilisasi tulang-tulang rusuk dan kemampuan pengembangan dinding dada, serta penurunan kekuatan otot pernapasan. Postur tubuh yang mengalami kifosis atau skoliosis menyebabkan toraks akan memendek dan diameter anteroposterior akan meningkat. Perubahan-perubahan tersebut akan menurunkan tekanan pada saat inspirasi dan ekspirasi sehingga menurunkan keefektifan pernapasan. Pernapasan yang tidak efektif akan mempengaruhi aktivitas dan menurunkan kualitas hidup lansia. Karya ilmiah ini bertujuan untuk memaparkan hasil pemberian asuhan keperawatan pada Bapak D dengan kerusakan pola napas tidak efektif di wisma Cendrawasih, PSTW Budi Mulia 1 Ciracas. Evaluasi terhadap intervensi keperawatan didapatkan hasil bahwa setelah dilakukan latihan pernapasan selama 5 minggu, latihan pernapasan mampu mempertahankan dan meningkatkan kemampuan bernapas yang baik pada lansia ditandai dengan adanya perbaikan pada pola napas. Intervensi latihan pernapasan pada lansia menjadi upaya meningkatkan kemampuan bernapas yang baik sehingga kualitas dan kesejahteraan lansia akan meningkat.; <b>ABSTRACT</b><br> Ineffective breathing pattern is the process of inspiration and/or expiration that does not provide adequate ventilation. One of ineffective breathing pattern is tachypnea or rapid breathing pattern.. In the elderly, physiological changes in the respiratory are decreasing the cough reflex, decreased mobilization of the ribs and chest wall expansion capability, as well as a decrease in respiratory muscle strength. Experiencing posture kyphosis or scoliosis cause thoracic be shortened and increasing anteroposterior diameter. These changes will decrease inspiration and expiration pressure decrease the effectiveness of breathing. Ineffective breathing will affect activity and decrease the quality of life of the elderly. This case study aims to present the results of nursing care at Mr. D with ineffective breathing. Evaluation of nursing interventions showed that after breathing exercises for 5 weeks, breathing exercise could maintain and improve good breathing ability in the elderly showed by an improvement in breathing patterns. Nurses can do the breathing exercise to the elderly as an option to improve a good breathing ability so quality of life of the elderly can be improved.; Ineffective breathing pattern is the process of inspiration and/or expiration that does not provide adequate ventilation. One of ineffective breathing pattern is tachypnea or rapid breathing pattern.. In the elderly, physiological changes in the respiratory are decreasing

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