

Pengaruh paket intervensi keperawatan terhadap sesak napas dan toleransi latihan pada pasien penyakit paru obstruktif kronis stabil = The effect of nursing intervention package to breathlessness and exercise tolerance on patient with stable chronic obstructive pulmonary disease / Dwi Kartika Rahayuningtyas

Dwi Kartika Rahayuningtyas, author

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Abstrak

ABSTRAK

Nama : Dwi Kartika Rahayuningtyas Program Studi : Magister Ilmu Keperawatan Judul : Pengaruh Paket Intervensi Keperawatan terhadap Sesak Napas dan Toleransi Latihan pada Pasien Penyakit Paru Obstruktif Kronis Stabil Pembimbing : Tuti Herawati, S.Kp.,M.N dan Agung Waluyo, S.Kp.,M.Sc.,Ph.D Sesak menyebabkan pasien penyakit paru obstruktif kronis membatasi aktivitas sehingga terjadi penurunan toleransi latihan. Evaluasi pemberian bronkodilator, minum air hangat, latihan pernapasan diafragma, dan latihan batuk efektif belum dijadikan dalam satu paket intervensi keperawatan. Penelitian ini bertujuan mengetahui pengaruh paket intervensi keperawatan terhadap sesak napas dan toleransi latihan pada pasien penyakit paru obstruktif kronis stabil. Penelitian ini adalah penelitian kuantitatif dengan desain quasi eksperimen dengan pre test and post test nonequivalent control group. Penelitian dilakukan di Rumah Sakit Umum Daerah Pasar Minggu Jakarta. Teknik pengambilan sampel menggunakan consecutive sampling dengan 40 responden. Pengukuran menggunakan skala sesak napas modifikasi Borg dan tes 6 menit berjalan. Hasil perhitungan pooled t test menunjukkan ada pengaruh signifikan paket intervensi keperawatan terhadap penurunan skala sesak napas dengan p value 0,019 dan peningkatan toleransi latihan dengan p value 0,026. Penelitian ini merekomendasikan paket intervensi keperawatan sebagai paket intervensi mandiri keperawatan untuk mengurangi sesak napas dan meningkatkan toleransi latihan. Kata kunci : Sesak napas, toleransi latihan, paket intervensi keperawatan, penyakit paru obstruktif kronis.

ABSTRACT

Name Dwi Kartika Rahayuningtyas Study Program Master of Nursing Specialization in Medical Surgical Nursing Title The Effect of Nursing Intervention Package to Breathlessness and Exercise Tolerance on Patient with stable Chronic Obstructive Pulmonary Disease Counsellor Tuti Herawati, S.Kp.,M.N and Agung Waluyo, S.Kp.,M.Sc.,Ph.D Breathlessness causes the patients of chronic obstructive pulmonary disease limiting their activity so the exercise tolerance decreasing. Evaluation of bronchodilator administration, warm water drinking, diaphragm breathing exercise, and effective cough exercise, have not made into one nursing intervention package yet. This study aims to know the effect of nursing intervention package to breathlessness and exercise tolerance among with stable chronic obstructive pulmonary disease patients. This study used quantitative study method with quasi experiment design with pre test and post test non equivalent control group. This study required 40 respondent using consecutive sampling technique in Pasar Minggu General Hospital, Jakarta. The effectiveness of nursing intervention package was measured by Borg Modification Breathlessness Scale dan 6 minutes walking test. There is significant effect of nursing intervention package to the decreasing of breathlessness scale with p value 0,019 and increasing of exercise tolerance with p value 0,026. This study recommends nursing intervention package as independent nursing

intervention. Keywords Breathlessness, exercise tolerance, nursing intervention package, chronic obstructive pulmonary disease.