

# Laporan Kasus Pemenuhan Kebutuhan Dasar Respirasi: Perawatan Hidung Melalui Intervensi Nasal Irigasi pada Pasien Covid-19 = Fulfillment Of Basic Respiration Needs: Nose Treatment through Nasal Irrigation Intervention On Covid-19 Patients: A Case Report

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## Abstrak

Artikel ini memaparkan laporan kasus pemenuhan kebutuhan dasar respirasi pada pasien Covid-19. Metode yang digunakan single case study untuk mengevaluasi intervensi keperawatan nasal irigasi dalam meningkatkan kenyamanan bernapas. Partisipan yaitu klien terkonfirmasi Covid-19 dengan gejala ringan pada saluran pernapasan atas. Intervensi dilakukan 2 kali sehari selama 5 hari. Nasal irigasi dilakukan supervisi dan mandiri. Evaluasi menggunakan kuesioner Total Nasal Symptom Score dan Nursing Outcome Classification: Status Pernafasan: Kepatenan Jalan Nafas dengan indikator kemampuan mengeluarkan sekret. Evaluasi dilakukan sebelum dan setelah nasal irigasi. Gejala saluran pernapasan atas berkurang setelah klien melakukan nasal irigasi. Kenyamanan klien dalam bernapas meningkat sehingga dapat memenuhi kebutuhan respirasi sebagai kebutuhan dasar fisiologis.

.....This article is a case reports of basic respiratory needs in Covid-19 patients. This case report used a single case study to evaluate the effectiveness of nasal irrigation in improving the quality of breathing. Participans is a client confirmed Covid-19 with mild symptoms in upper respiratory tract. The intervention was carried out 2 times a day for 5 days. Nasal irrigation was conducted with supervision and also independence by patient. The Total Nasal Symptom Score dan Nursing Outcome Classification: Respiratory Status: Airway Patency with indicator of ability to secrete, were used as a evaluation tool. Evaluation was performed before and after nasal irrigation. Upper respiratory tract is diminished after the clients performs nasal irrigation. The client's comfort in breathing increases thus satisfy the needs of respiration as a basic physiological need.