

Peningkatan Pertukaran Gas pada Pasien COVID-19 Tanpa Ventilator dengan Terapi Oksigen Beraliran Tinggi di ICU RSUI = Increased Gas Exchange in COVID-19 Patients Without Ventilators With High-Flow Oxygen Therapy in ICU RSUI

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Abstrak

Rasional: COVID-19 adalah penyakit menular yang disebabkan oleh virus Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). Virus ini menginfeksi sel-sel pada saluran napas yang melapisi alveoli dengan reseptor angiotensin-converting enzyme 2. Virus ini diketahui menyebabkan pneumonia bilateral berat dan ARDS yang dapat menyebabkan kesulitan bernapas. Fokus pasien: Seorang perempuan berusia 55 tahun memiliki riwayat hipertensi datang dengan keluhan sesak napas, batuk, mual, muntah, diare dan hasil swab antigen positif. **Diagnosis:** Gangguan pertukaran gas, ansietas dan risiko jatuh. **Intervensi:** Pasien dirawat di unit perawatan intensif mendapatkan intervensi pemantauan respirasi, terapi oksigen, reduksi ansietas dan pencegahan jatuh. **Hasil:** Pertukaran gas meningkat, tingkat ansietas menurun, tingkat jatuh menurun dan pasien dapat dipindahkan ke ruang rawat isolasi COVID-19 setelah dilakukan intervensi keperawatan selama 7 hari di ruang intensif. **Pelajaran:** Deteksi dini dan pemantauan penting dilakukan untuk mencegah terjadinya perburukan kondisi pasien.

.....**Rationale:** COVID-19 is an infectious disease caused by the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). This virus infects cells in the airways lining the alveoli with the angiotensin-converting enzyme 2 receptor. This virus is known to cause severe bilateral pneumonia and ARDS which can cause breathing difficulties. **Patient concern:** A 55-year-old woman with a history of hypertension came with complaints of shortness of breath, cough, nausea, vomiting, diarrhea and positive antigen swab results. **Diagnosis:** Impaired gas exchange, anxiety and risk of falls. **Interventions:** Patients admitted to the intensive care unit received interventions for respiratory monitoring, oxygen therapy, anxiety reduction and fall prevention. **Outcome:** Gas exchange increased, anxiety levels decreased, fall rates decreased and patients could be transferred to the COVID-19 isolation ward after 7 days of nursing intervention in the intensive care unit. **Lesson learn:** Early detection and monitoring are important to prevent worsening of the patient's condition.