

# Analisis Asuhan Keperawatan Pasien Community Acquired Pneumonia dengan Intervensi Rehabilitasi Keperawatan: Batuk Efektif, Breathing Exercise dan 6 Minutes Walking = Analysis of Nursing Care for Community Acquired Pneumonia Patients with Rehabilitation Nursing Interventions: Effective Cough, Breathing Exercise and 6 Minutes Walking

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## Abstrak

Community acquired pneumonia (CAP) merupakan infeksi yang menyerang parenkim paru bagian bawah. Penyakit ini menginfeksi individu dari segala tahapan usia terutama lansia dan bayi <2 tahun. Penyakit ini rentan terjadi di wilayah perkotaan akibat dari polusi udara yang tinggi dan banyaknya jumlah penduduk. Community acquired pneumonia mengakibatkan perubahan pada alveolar sehingga terdapat konsolidasi yang menyebabkan perubahan pola napas. Intervensi rehabilitasi keperawatan dapat mengatasi gejala gangguan pernapasan yang ditimbulkan akibat mikroorganisme pneumonia. Karya ilmiah akhir ners ini bertujuan untuk menganalisis asuhan keperawatan yang diberikan pada pasien CAP dengan penerapan intervensi rehabilitasi keperawatan. Hasil Analisa yang diperoleh dari penerapan intervensi rehabilitasi keperawatan adalah masalah gangguan pernapasan teratasi ditandai dengan frekuensi napas dalam rentang normal, SaO<sub>2</sub> dalam rentang normal, keluhan sesak dan batuk berdahak menurun, serta terjadi peningkatan kapasitas fungsional pada pasien.

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Community Acquired Pneumonia (CAP) is an infection that attacks the lower lung parenchyma. This disease infects individuals of all ages, especially the elderly and babies <2 years old. This disease is prone to occur in urban areas due to high air pollution and large population. Community acquired pneumonia causes alveolar changes so that there is consolidation which causes changes in breathing patterns. Rehabilitation nursing interventions can overcome the symptoms of respiratory problems caused by pneumonia microorganisms. This final scientific work by nurses aims to analyze the inpatient care provided to CAP patients by implementing rehabilitation nursing interventions. The results of the analysis obtained from the implementation of the rehabilitation nursing intervention were that the problem of respiratory problems was resolved, characterized by respiratory frequency in the normal range, SaO<sub>2</sub> in the normal range, complaints of shortness of breath and cough with phlegm decreased, and there was an increase in the patient's functional capacity.