

Laporan Kasus Peningkatan Saturasi Oksigen dengan Penggunaan Incentive Spirometri pada Pasien Fase Rehabilitasi Covid-19 Derajat Berat = Case Report Increased Oxygen Saturation with Using Incentive Spirometry in Rehabilitation Phase Severe Covid-19 Patient

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Abstrak

Corona virus disease-19 (covid-19) menyerang seluruh negara di dunia. Penyakit ini disebabkan oleh virus sars cov-2 yang menyerang berbagai organ tubuh manusia diantaranya paru-paru. Covid-19 diklasifikasikan menjadi beberapa tingkatan yaitu ringan, sedang, berat hingga acute respiratory syndrome disease (ARDS). Pada kasus terkonfirmasi covid-19 derajat berat ditandai dengan sesak napas, saturasi oksigen < 93% udara ruangan. Untuk menopang kekurangan oksigen dalam tubuh, pasien diberikan terapi oksigen aliran tinggi. Pasien yang mengalami sesak dan mendapatkan terapi oksigen aliran tinggi mengalami kelemahan otot-otot pernapasan. Untuk mengoptimalkan kembali fungsi otot pernapasan tersebut dibutuhkan rehabilitasi paru salah satunya dengan penggunaan incentive spirometri. Latihan ini diberikan kepada Ny.S perempuan usia 68 tahun, terkonfirmasi covid-19 derajat berat dengan pneumonia, memiliki komorbid hipertensi terkontrol sejak 5 tahun yang lalu. Saat perawatan di rumah sakit Ny.S pernah diberikan terapi oksigen aliran tinggi sebanyak 60 liter per menit dengan fraksi 90% selama 8 hari. Pemberian terapi oksigen aliran tinggi ini membuat otot pernapasan Ny S mengalami kelemahan ditandai dengan perasaan lelah saat melakukan aktifitas ringan dan bergantung pada terapi oksigen. Selanjutnya Ny.S diberikan latihan incentive spirometri sebanyak tiga kali intervensi dengan lima kali repetisi. Hasilnya pada intervensi hari ketiga terjadi peningkatan volume inspirasi maksimal di piston dan peningkatan saturasi oksigen.

.....The Corona-19 virus disease is attacking countries all around the world. This disease is caused by the sars cov-2 virus which attacks various organs of the human body including the lungs. Covid-19 is classified into several levels including mild, moderate, severe to ARDS. In confirmed cases of severe COVID-19, it is characterized by shortness of breath, oxygen saturation < 93% of room air. To support the lack of oxygen in the body, the patient is given high-flow oxygen therapy. Patients who experience shortness of breath and receive high-flow oxygen therapy experience weakness of the respiratory muscles. To optimize the respiratory function again, pulmonary rehabilitation is needed, one of which is the use of spirometry incentives. This exercise was given to Mrs.S, a 68-year-old woman, confirmed severe COVID-19 with pneumonia, had comorbid hypertension, which had been controlled since 5 years ago. During treatment at the hospital, Mrs.S was given oxygen therapy with a flow of 60 liters per minute with a fraction of 90% for 8 days. This high-flow oxygen therapy made Mrs. S muscles experience symptoms characterized by giving a feeling of tiredness when doing light activities and breathing on oxygen therapy. Furthermore, Mrs.S was given an intensive spirometry exercise three times with five repetitions. The result on the third day of intervention was an increase in maximal inspiratory volume in the piston and an increase in oxygen saturation.