

Pemberian Posisi Prone dan Ventilasi Mekanik sebagai Intervensi Keperawatan untuk Mengatasi Gangguan Ventilasi Spontan = Giving Prone Position and Mechanical Ventilation as Nursing Interventions to Overcome Spontaneous Ventilation Disorders

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Abstrak

Coronavirus Diseases 19 (COVID-19) merupakan penyakit infeksi saluran pernapasan menular yang diakibatkan oleh Severe acute respiratory syndrome coronavirus 2 (SARS-COV-2). Gejala yang ditimbulkan pada pasien COVID-19 dapat berupa gejala ringan hingga berat. Salah satu gejala khas yang sering ditemukan adalah sesak napas yang dapat meningkat menjadi kondisi kritis misalnya Acute Respiratory Distress Syndrome (ARDS). Manajemen utama yang dilakukan untuk mengatasi gangguan napas pada COVID-19 adalah dengan pemberian terapi oksigen yang disesuaikan dengan kondisi pasien. Selain itu, pemberian posisi prone. Juga dapat dilakukan untuk meningkatkan status oksigenasi pasien. Laporan kasus ini mendeskripsikan kasus ibu S 58 tahun dengan keluhan demam 7 hari sebelum masuk rumah sakit, demam dirasakan meriang, menggigil, batuk, bab cair 3x sejak seminggu lalu. Seminggu sebelum masuk rumah sakit muncul bercak kemerahan, gatal, digaruk-garuk hingga berdarah di kaki kiri, Pasien juga mengatakan sesak, mual dan muntah saat makan. 2 hari sebelum masuk rumah sakit dinyatakan positif COVID-19. Selama perawatan di IGD dan ranap terjadi peningkatan maupun penurunan kondisi hingga akhirnya pasien mengalami perburukan kondisi saat diranap dan di pindahkan ke ruang ICU untuk mendapatkan terapi oksigen dengan ventilator mekanik, selain itu saat hari keempat di ruang ICU pasien juga mendapatkan terapi tambahan berupa diberikan posisi prone untuk meningkatkan status oksigenasi pasien. Setelah dilakukan prone dan mendapatkan terapi ventilator mekanik, kondisi status oksigenasi klien perlahan-lahan membaik. Laporan kasus ini menunjukkan manfaat pemberian posisi prone pada pasien dengan ventilasi mekanik sebagai salah satu treatment untuk membantu mengatasi masalah gangguan ventilasi spontan pada pasien COVID-19.

.....Coronavirus Diseases (COVID-19) is an infectious respiratory disease caused by Severe acute respiratory syndrome coronavirus 2 (SARS-COV-2). Symptoms caused by COVID-19 patients can range from mild to severe symptoms. One of the typical symptoms that are often found is shortness of breath which can escalate to a critical condition, such as Acute Respiratory Distress Syndrome (ARDS). The main management carried out to overcome respiratory disorders in COVID-19 is to provide oxygen therapy that is tailored to the patient's condition. In addition, presenting a vulnerable position. It can also be done to improve the patient's oxygenation status. A case report of a 58-year-old mother with complaints of fever 7 days before admission to the hospital, felt fever, chills, cough, liquid chapters 3 times since last week. A week before being admitted to the hospital, he appeared to have blotches, itching, scratching and bleeding on his left leg. The patient also reported shortness of breath, nausea and vomiting while eating. 2 days before admission to the hospital tested positive for COVID-19. During treatment in the emergency room and in the hospital, there was an increase or decrease in condition until finally the patient experienced a worsening of his condition when he was hospitalized and was transferred to the ICU to receive oxygen therapy with a mechanical ventilator, besides that on the fourth day in the ICU the patient also received additional therapy

in the form of being given a prone position. to improve the patient's oxygenation status. After being prone and receiving mechanical ventilator therapy, the client's oxygenation status slowly improved. This case report benefits from presenting the prone position to the patient by providing assistance as one of the treatments to overcome the problem of spontaneous ventilation disorders in COVID-19 patients.