

Prone Position dan Deep Breathing Exercise pada Pasien COVID-19: Laporan Kasus = Prone Position and Deep Breathing Exercise in COVID-19 Patient: Case Report

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Abstrak

Coronavirus Disease 2019 (COVID-19) merupakan penyakit infeksi saluran pernapasan menular yang diakibatkan oleh Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Gejala umum yang paling sering muncul pada pasien COVID-19 adalah demam, batuk, kelelahan, anosmia, dan sesak napas. Sesak napas merupakan salah satu gejala khas COVID-19 yang dapat meningkat dengan cepat menjadi kondisi kritis seperti Acute Respiratory Distress Syndrome (ARDS). Salah satu intervensi keperawatan yang dapat dilakukan untuk mengatasi sesak napas adalah dengan pengaturan posisi dan latihan pernapasan. Intervensi tersebut dapat dilakukan dengan prone positioning yang dikombinasikan dengan deep breathing exercise. Pemberian prone position dan deep breathing exercise dapat mengatasi sesak dengan meningkatkan status oksigenasi pasien. Laporan kasus ini mendeskripsikan kasus seorang perempuan, 38 tahun, terkonfirmasi positif COVID-19 dengan swab antigen dan PCR, dengan keluhan napas agak sesak, batuk kadang-kadang, demam sejak seminggu sebelum masuk rumah sakit, badan linu, pusing, lemas, nafsu makan menurun, anosmia sejak empat hari sebelum masuk rumah sakit. Selama perawatan di ruang rawat inap pasien mendapatkan terapi oksigen (dengan Non-Rebreathing Mask hingga Nasal Kanul), medikasi, terapi plasma konvalensen, dan pemberian posisi prone yang dikombinasikan dengan deep breathing exercise. Setelah dilakukan prone dan deep breathing exercise, keluhan sesak berkurang dan status oksigenasi pasien berangsur membaik. Laporan kasus ini menunjukkan manfaat prone position yang dikombinasikan dengan deep breathing exercise sebagai salah satu intervensi untuk membantu mengatasi sesak napas pada pasien COVID-19.

.....Coronavirus Disease 2019 (COVID-19) is an infectious respiratory disease caused by Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The common symptoms that most often appear in COVID-19 patients are fever, cough, fatigue, anosmia, and shortness of breath. Shortness of breath is one of the typical symptoms of COVID-19 which can quickly escalate into a critical condition such as Acute Respiratory Distress Syndrome (ARDS). One of the nursing interventions that can be done to overcome shortness of breath is by adjusting the position and breathing exercises. The intervention can be done with prone positioning combined with deep breathing exercises. Giving prone position and deep breathing exercise can overcome shortness of breath by increasing the patient's oxygenation status. This case report describes the case of a woman, 38 years old, confirmed positive for COVID-19 with antigen swab and PCR, with shortness of breath, occasional cough, fever since a week before hospital admission, body aches, dizziness, weakness, decreased appetite, anosmia since four days before hospital admission. During treatment in the inpatient room, the patient received oxygen therapy (with a Non-Rebreathing Mask to Nasal Cannula), medical medication, convalescent plasma therapy, and the prone position combined with deep breathing exercise. After doing prone and deep breathing exercises, the shortness of breath and the patient's oxygenation status were improved. This case report shows the benefits of the prone position combined with deep breathing exercise as a treatment to help overcome shortness of breath in COVID-19 patients.