ABSTRAK

MANAJEMEN *AIRWAY* DIKOMBINASIKAN DENGAN *HAND HELD FAN* DAN *DEEP BREATHING EXERCISE* TERHADAP PENURUNAN SESAK NAFAS PADA PASIEN EFUSI PLEURA

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Efusi pleura merupakan akumulasi cairan di rongga pleura yang dapat menimbulkan gejala sesak napas akibat penekanan terhadap paru-paru. Penanganan non farmakologi yang dapat dilakukan pada pasien efusi pleura adalah penggunaan kipas genggam *(hand held fan)* dan latihan napas dalam (*deep breathing exercise)* telah terbukti mampu meredakan gejala dispnea secara efektif melalui mekanisme stimulasi saraf kranial dan peningkatan ekspansi paru. Penelitian ini bertujuan untuk mengevaluasi manajemen *airway* yang dikombinasi dengan terapi kipas genggam dan latihan napas dalam terhadap penurunan tingkat sesak napas pada pasien efusi pleura. Penelitian ini menggunakan studi kasus dengan kombinasi terapi kipas genggam dan latihan napas dalam terhadap penurunan tingkat sesak napas pada pasien efusi pleura. Dari hasil pengkajian yang didapatkan, pasien mengalami sesak nafas semakin berat, nyeri dada, batuk berdahak, frekuensi nafas 28x/menit, saturasi oksigen 91%, dan didapatkan kesan pneumonia dan efusi bilateral. Didapatkan masalah keperawatan bersihan jalan nafas tidak efektif, nyeri akut,intoleransi aktivitas. Intervensi keperawatan utama yang dilakukan adalah manajemen jalan nafas, manajemen nyeri, dan manajemen energi. Implementasi dilakukan selama kurang lebih 5 menit. Evaluasi didapatkan setelah dilakukan terapi kombinasi keluhan sesak berkurang, saturasi oksigen meningkat, dan frekuensi nafas membaik. Sehingga dapat ditarik kesimpulan bahwa manajemen *airway* dengan terapi *hand held fan* dan *deep breathing exercise* mampu menurunkan sesak nafas pada pasien efusi pleura

Kata kunci: *deep breathing,* efusi pleura, *hand held fan,* manajemen *airway,* sesak napas

ABSTRACT

AIRWAY MANAGEMENT COMBINED WITH HAND HELD FAN AND DEEP BREATHING EXERCISE ON REDUCTION OF DYSPNEA IN PLEURAL EFFUSION PATIENTS

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Pleural effusion is the accumulation of fluid in the pleural cavity that can cause shortness of breath due to compression of the lungs. Non-pharmacological management that can be applied to patients with pleural effusion includes the use of a hand-held fan and deep breathing exercises, both of which have been proven effective in relieving dyspnea symptoms through cranial nerve stimulation and enhanced lung expansion. This study aims to evaluate airway management combined with hand-held fan therapy and deep breathing exercises in reducing the level of shortness of breath in patients with pleural effusion. This research uses a case study design focusing on the combination of hand-held fan therapy and deep breathing exercises to reduce dyspnea in patients with pleural effusion. Based on the assessment results, the patient experienced worsening shortness of breath, chest pain, productive cough, a respiratory rate of 28 breaths per minute, oxygen saturation of 91%, and indications of pneumonia with bilateral pleural effusion. The identified nursing problems were ineffective airway clearance, acute pain, and activity intolerance. The main nursing interventions carried out included airway management, pain management, and energy management. The implementation was conducted for approximately 5 minutes. Evaluation showed that after the combination therapy, the patient's shortness of breath decreased, oxygen saturation increased, and respiratory rate improved. Therefore, it can be concluded that airway management combined with hand-held fan therapy and deep breathing exercises is effective in reducing dyspnea in patients with pleural effusion.

Keywords: *Airway Management, Deep Breathing, Hand Held Fan, Pleural Effusion, Shortness Of Breath*