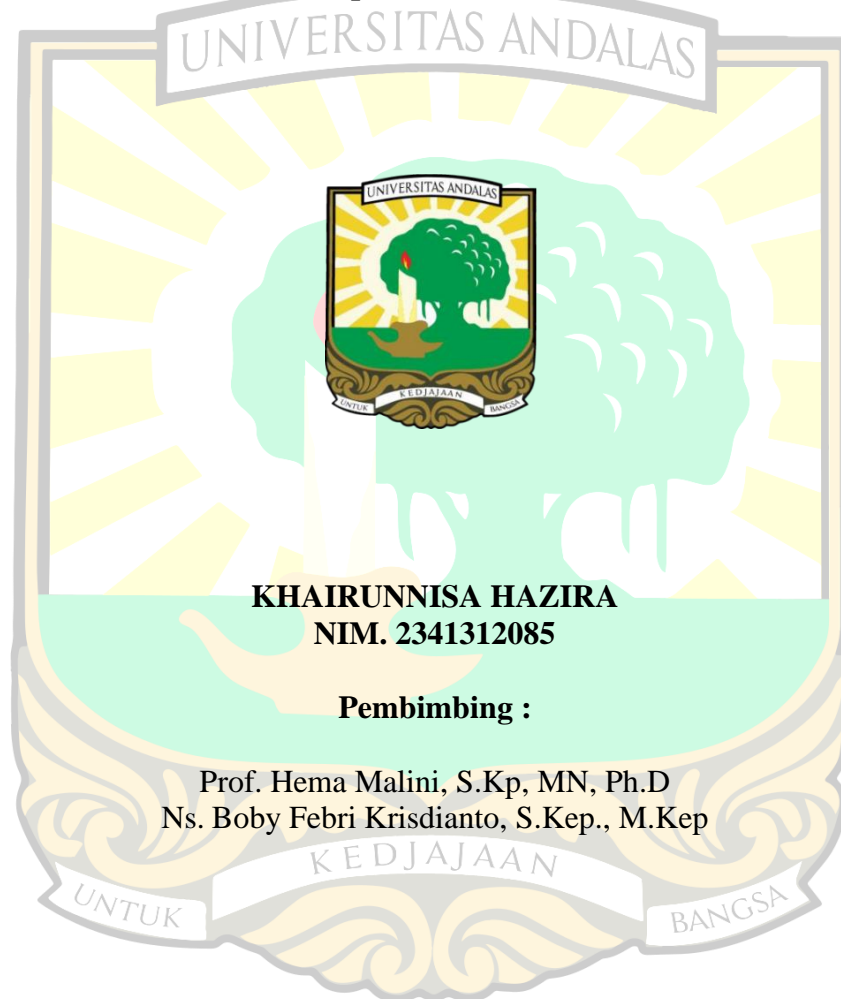


KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN TN. I PNEUMOTHORAKS + WSD DENGAN
INTERVENSI *SLOW DEEP BREATHING EXERCISE* UNTUK
MENGURANGI SKALA NYERI DI RUANGAN PARU
RSUP DR. M. DJAMIL PADANG**

Peminatan Keperawatan Medikal Bedah



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**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
PADANG
2024**

**FAKULTAS KEPERAWATAN
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JULI, 2024**

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ABSTRAK

Pneumothoraks adalah kondisi medis yang sering memerlukan penanganan segera dan intensif, terutama ketika terjadi keterlibatan pemasangan *Water Seal Drainage* (WSD). Nyeri dan sesak nafas merupakan keluhan yang sering terjadi pada pasien pneumothoraks. Pasien dengan diagnosis pneumothoraks spontan sekunder ec TB paru, mengalami tingkat nyeri yang signifikan akibat prosedur invasif pemasangan selang *Water seal Drainage* (WSD). Tujuan penulisan karya ilmiah akhir ini adalah memberikan asuhan keperawatan pada pasien serta mengetahui pengaruh aplikasi *Evidence Based Nursing* (EBN) dengan penerapan teknik *slow deep breathing exercise* dalam mengurangi skala nyeri pada pasien pneumothoraks terpasang *Water seal Drainage* (WSD) diruang Paru RSUP Dr. M. Djamil Padang. Berdasarkan pengkajian ditemukan masalah keperawatan yaitu pola napas tidak efektif, gangguan pertukaran gas, nyeri akut, dan risiko infeksi. Metode dalam karya ilmiah ini adalah study kasus, memberikan *slow deep breathing exercise* dilakukan selama 5 hari setiap hari selama 3 kali dengan durasi waktu 15 menit. Pengukuran skala nyeri dilakukan sebelum intervensi diberikan dengan menggunakan *Numeric Rating Scale* (NRS). Hasil implementasi teknik *slow deep breathing exercise* selama 5 hari didapatkan penurunan skala nyeri. Skala nyeri sebelum intervensi 6 (nyeri sedang) dan setelah intervensi menjadi 3 (nyeri ringan). Hasil pelaksanaan didapatkan bahwa teknik *slow deep breathing exercise* dapat menurunkan tingkat skala nyeri pasien pneumothoraks terpasang *water seal drainage* (WSD). Dapat disimpulkan bahwa pemberian terapi *slow deep breathing exercise* dapat menurunkan skala nyeri. Diharapkan hasil EBN ini dapat digunakan sebagai acuan dalam memberikan asuhan keperawatan pada pasien pneumothoraks terpasang *water seal drainage* (WSD) yang mengalami nyeri.

Kata Kunci : Pneumothoraks, *water seal drainage*, *slow deep breathing exercise*, skala nyeri
Daftar Pustaka : 42 (2014-2023)

FACULTY OF NURSING

ANDALAS UNIVERSITY
FINAL SCIENTIFIC PAPER
JULY, 2024

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Nursing Care For Mr. I With Pneumothorax + Wsd With Slow Deep Breathing Exercise Interventions To Reduce Pain Scale In The Lung Room Rsup Dr. M. Djamil Padang

ABSTRACT

Pneumothorax is a medical condition that often requires immediate and intensive treatment, especially when involving the placement of a Water Seal Drainage (WSD). Pain and shortness of breath are common complaints in patients with pneumothorax. Patients diagnosed with secondary spontaneous pneumothorax due to pulmonary TB experience significant pain levels due to the invasive procedure of Water Seal Drainage (WSD) insertion. The purpose of writing this final scientific paper is to provide nursing care to patients and to determine the effect of applying Evidence-Based Nursing (EBN) with the implementation of slow deep breathing exercise techniques in reducing pain scales in pneumothorax patients with Water Seal Drainage (WSD) in the Pulmonary Ward of Dr. M. Djamil Hospital, Padang. Based on the assessment, nursing problems were identified, including ineffective breathing patterns, impaired gas exchange, acute pain, and risk of infection. The method used in this scientific paper is a case study, providing slow deep breathing exercises for 5 days, three times a day, with a duration of 15 minutes each session. Pain scale measurement was conducted before the intervention using the Numeric Rating Scale (NRS). The results of implementing the slow deep breathing exercise technique over 5 days showed a reduction in the pain scale. The pain scale before the intervention was 6 (moderate pain) and decreased to 3 (mild pain) after the intervention. The results showed that the slow deep breathing exercise technique can reduce the pain scale in pneumothorax patients with Water Seal Drainage (WSD). It can be concluded that administering slow deep breathing exercise therapy can lower the pain scale. It is hoped that these EBN results can be used as a reference in providing nursing care for pneumothorax patients with Water Seal Drainage (WSD) experiencing pain.

Keywords: Pneumothoraks, water seal drainage, slow deep breathing exercise, pain scale

References: 42 (2014-2023)

