

ABSTRAK

ASUHAN KEPERAWATAN POLA NAPAS TIDAK EFEKTIF PADA BAYI RESPIRATORY DISTRESS SYNDROME (RDS) DI RUANG NICU RSUD IBNU SINA GRESIK

Peneliti Studi Kasus di Wilayah Kerja RSUD Ibnu Sina Gresik

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Pendahuluan: Sindroma gagal nafas (respiratory distress sindrom, RDS) adalah istilah yang digunakan untuk disfungsi pernafasan pada neonatus. Gangguan ini merupakan penyakit yang berhubungan dengan keterlambatan perkembangan maturitas paru atau tidak adekuatnya jumlah surfaktan dalam paru. **Metode:** Penelitian ini menggunakan desain kualitatif dengan pendekatan studi kasus. Partisipan 1 pasien Pola Napas Tidak Efektif pada bayi Respiratory Distress Syndrome (RDS) RSUD Ibnu Sina Gresik, pengumpulan data dengan wawancara, observasi, dan pemeriksaan fisik, studi dokumentasi, dan studi pustaka. Setelah data dikumpulkan dilakukan analisa data menggunakan proses keperawatan. **Hasil:** penelitian ini menunjukkan bahwa pasien mengalami Pola Napas Tidak Efektif yang ditandai dengan terdapatnya bunyi tambahan berupa ronchi, keadaan umum lemah, terpasang O₂ cpap 60% peep 6, PCH positif, terdapat retraksi dada, wajah pasien tampak meringis, pasien tampak gelisah. Dalam hal ini dilakukan observasi pola nafas (frekuensi, kedalaman, usaha nafas), observasi bunyi nafas tambahan (mis. Gurgling, mengi, wheezing, ronchi kering), observasi sputum (jumlah, warna, aroma), observasi kepatenan jalan nafas dengan *head-tilt* dan *chin-lift* (*jaw-thrust* jika curiga trauma servikal), observasi pemberian oksigen, observasi Anjuran asupan cairan 2000 ml/hari, jika tidak kontraindikasi serta Kolaborasi pemberian bronkodilator, ekspektoran, mukolitik, jika perlu. Atas tindakan tersebut pola nafas tidak efektif pasien dapat teratasi, masalah teratasi dalam hari ke 3. **Diskusi:** Hal tersebut dapat dijadikan acuan bagi peneliti lain dalam menentukan kriteria waktu dan memberikan asuhan keperawatan terhadap pasien respiratory distress syndrome (RDS).

Kata kunci : Asuhan Keperawatan, Bayi, Respiratory Distress Syndrome (RDS), Pola Napas Tidak Efektif.

ABSTRACT**NURSING PATTERN NURSING CARE IS NOT EFFECTIVE IN BABY RESPIRATORY DISTRESS SYNDROME (RDS) IN NICU ROOM, IBNU SINA GRESIK HOSPITAL**

Case Study Research in the Working Area of Gresik RSUD Ibnu Sina Hospital

By: Lenni Shintiani Sucitra Simatupang

Introduction: Respiratory syndrome (respiratory distress syndrome, RDS) is a term used for respiratory dysfunction in neonates. This disorder is a disease associated with delayed development of lung maturity or inadequate amount of surfactant in the lungs. **Method:** This study uses a qualitative design with a case study approach. Participant 1 patient Ineffective Breath Pattern in infants Respiratory Distress Syndrome (RDS) of Ibnu Sina Gresik District Hospital, data collection by interview, observation, and physical examination, documentation study, and literature study. After the data is collected, data analysis is performed using the nursing process. **Result:** The results of this study indicate that the patient has an Ineffective Breath Pattern which is characterized by the presence of additional sounds in the form of ronchi, general weakness, an O₂ capacity of 60% peep 6, positive PCH, chest retraction, the patient's face grimaces, the patient looks restless. In this case observations of nasfas patterns (frequency, depth, effort of breath), observation of additional breath sounds (eg Gurgling, wheezing, wheezing, dry ronchi), sputum observation (number, color, aroma), observation of airway patency with head-tilt and chin-lift (jaw-thrust if suspicious of cervical trauma), observation of oxygen administration, observation of fluid intake of 2000 ml / day, if not contraindicated and Collaboration of bronchodilators, expectorants, mucolytics, if necessary. For these actions the patient's nasfacial pattern is not effective, the problem can be resolved within day 3. **Discussion:** This can be used as a reference for other researchers in determining the time criteria and providing nursing care to patients with respiratory syndrome (RDS).

Keywords: Nursing Care, Babies, Respiratory Distress Syndrome (RDS), Ineffective Breath Pattern.