

ABSTRAK

Penerapan Terapi Uap Air Hangat Dan Minyak Kayu Putih Dalam Meningkatkan Bersihan Jalan Napas Pada Balita Yang Mengalami Infeksi Saluran Pernapasan Akut (Ispa) Di Wilayah Kerja Puskesmas Selasari

Infeksi Saluran Pernapasan Akut (ISPA) pneumonia pada balita memicu penumpukan sekret kental sehingga bersihan jalan napas menjadi tidak efektif. Karya ilmiah akhir ners ini bertujuan untuk mengetahui peningkatan bersihan jalan napas pada balita melalui penerapan inovasi terapi uap air hangat dan minyak kayu putih berlandaskan Teori Dorothea Orem dan Florence Nightingale. Metode yang digunakan adalah studi kasus deskriptif pada An. D (2 tahun 7 bulan) dengan diagnosa ISPA pneumonia di Puskesmas Selasari Kabupaten Pangandaran. Intervensi dilakukan selama 4 hari, terbagi atas fase akut farmakologis di puskesmas pada hari pertama dan fase *homecare* melalui terapi uap mandiri pada hari kedua hingga keempat. Hasil studi menunjukkan bahwa setelah pemberian terapi uap air hangat dan minyak kayu putih secara rutin, masalah keperawatan bersihan jalan napas teratasi sepenuhnya. Kandungan *cineole* dan efek hidrasi uap hangat terbukti efektif mengencerkan sekret, menurunkan frekuensi napas dari 45 x/menit menjadi 26 x/menit, meningkatkan saturasi oksigen dari 92% menjadi 98%, mengeliminasi suara ronchi, serta meningkatkan kenyamanan anak. Tindakan ini juga dikombinasikan dengan intervensi standar SIKI seperti fisioterapi dada. Evaluasi menunjukkan ibu pasien telah mandiri menerapkan terapi uap ini secara aman di rumah. Dapat disimpulkan bahwa inovasi terapi uap air hangat dan minyak kayu putih sangat efektif meningkatkan bersihan jalan napas serta dapat diaplikasikan keluarga sebagai terapi pendamping yang aman dan holistik di rumah.

Kata Kunci : ISPA pneumonia, terapi uap air hangat, minyak kayu putih, bersihan jalan napas

ABSTRACT

Application Of Warm Steam Therapy And Eucalyptus Oil In Improving Airway Clearance In Toddlers With Acute Respiratory Infection (Ari) In The Working Area Of Selasari Public Health Center

Acute Respiratory Infection (ARI) pneumonia in toddlers triggers the accumulation of thick secretions, resulting in ineffective airway clearance. This final scientific paper for nurses aims to determine the improvement of airway clearance in toddlers through the application of an innovative warm steam and eucalyptus oil therapy, based on Dorothea Orem's and Florence Nightingale's nursing theories. The method used was a descriptive case study on An. D (2 years 7 months old) diagnosed with ARI pneumonia at Selasari Public Health Center, Pangandaran Regency. The intervention was conducted over 4 days, divided into an acute collaborative pharmacological phase at the public health center on the first day and a homecare phase using independent steam therapy from the second to the fourth day. The results showed that after regular administration of warm steam and eucalyptus oil therapy, the nursing problem of ineffective airway clearance was fully resolved. The cineole content and the hydration effect of warm steam proved effective in diluting secretions, decreasing the respiratory rate from 45 breaths/minute to 26 breaths/minute, increasing oxygen saturation from 92% to 98%, eliminating ronchi, and improving the child's comfort. This action was also combined with standard SIKI interventions, such as chest physiotherapy. The evaluation indicated that the patient's mother had become independent in safely administering this steam therapy at home. In conclusion, the innovative warm steam and eucalyptus oil therapy is highly effective in improving airway clearance and can be applied by families as a safe, simple, and holistic complementary therapy at home.

Keywords : ARI pneumonia, warm steam therapy, eucalyptus oil, airway clearance