

ABSTRAK

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Pengaruh *Active Cycle of Breathing Technique* terhadap Saturasi Oksigen, Frekuensi Pernapasan dan Risiko Kejadian *Hospital Acquired Pneumonia* pada Pasien Stroke

xvi + 103 halaman + 15 tabel + 6 gambar + 11 lampiran

Pasien stroke rentan mengalami gangguan pernapasan dan komplikasi pada paru yaitu pneumonia yang paling sering terjadi saat perawatan stroke. *Active Cycle of Breathing Technique* (ACBT) bermanfaat untuk membersihkan sekret, memperbaiki pola nafas, menurunkan frekuensi infeksi dan mempertahankan fungsi paru. Tujuan penelitian adalah mengetahui pengaruh ACBT terhadap saturasi oksigen, frekuensi pernapasan, dan risiko kejadian HAP (*Hospital Acquired Pneumonia*) pada pasien stroke. Desain kuasi-eksperimental dengan satu kelompok intervensi (*pretest dan posttest*) dan satu kelompok kontrol diterapkan pada penelitian ini. Pemilihan sampel menggunakan *consecutive sampling*. Lima puluh empat pasien yang memenuhi kriteria inklusi dan dibagi menjadi kelompok intervensi dan kontrol. Latihan dilakukan 1 kali seminggu selama 5 hari dengan durasi kurang lebih 10 menit. Data yang terkumpul dianalisis melalui SPSS dan dilanjutkan dengan uji beda yaitu uji non parametrik (Uji *Wilcoxon* dan *Mann Withney*). Hasil uji statistik pada saturasi oksigen didapatkan nilai *p value* 0.417 (>0.05), frekuensi pernapasan memiliki nilai *p value* 0.000 (<0.05) dan risiko kejadian HAP memiliki nilai *p value* 1.000 (>0.05) sehingga ada perbedaan frekuensi pernapasan antara kelompok kontrol dan intervensi namun tidak terdapat perbedaan pada saturasi oksigen dan risiko kejadian HAP antara kelompok kontrol dan intervensi. Penelitian ini menyimpulkan bahwa ACBT berpengaruh pada frekuensi pernapasan namun tidak berpengaruh signifikan pada saturasi oksigen dan risiko kejadian HAP pada pasien stroke.

Kata kunci: *Active Cycle of Breathing Technique* (ACBT); Frekuensi pernapasan; HAP (*Hospital Acquired Pneumonia*); Saturasi oksigen; Stroke
Daftar Pustaka: 172 (1997-2022)

ABSTRACT

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The Effect of Active Cycle of Breathing Technique on Oxygen Saturation, Respiratory Rate, and Risk of Hospital Acquired Pneumonia in Stroke Patients

xvii + 103 Pages + 15 Tables + 6 Picture + 11 Attachments

Stroke patients are susceptible to respiratory problems and complications in the lungs, namely pneumonia, which most often occurs during stroke treatment. Active Cycle of Breathing Technique (ACBT) is useful for clearing secretions, improving breathing patterns, reducing the frequency of infection and maintaining lung function. The purpose of the study to determine the effect of ACBT on oxygen saturation, respiratory rate, and risk of HAP (Hospital Acquired Pneumonia) in stroke patients. A quasi-experimental design with one intervention group (pretest and posttest) and one control group was implemented. Sample selection using consecutive sampling. Fifty four patients treated met the inclusion criteria and were divided into intervention and control groups. Exercise is carried out 1 times a week for 5 days with a duration of 10 minutes. The collected data was analyzed through SPSS and continued with a different test, namely the non parametric test (Wilcoxon Test and Mann Withney). The results of statistical test of oxygen saturation had p value 0.417 (>0.05), respiratory rate had p value 0.000 (<0.05) and the risk of HAP had p value 1.000 (>0.05). There was a significant difference in respiratory rate but there was no difference in oxygen saturation and incidence HAP between the control group and the intervention group. It was concluded that ACBT had effect on respiratory rate but had no significant effect on oxygen saturation and risk of HAP in stroke patients

Keywords: Active Cycle of Breathing Technique (ACBT); HAP (Hospital Acquired Pneumonia); Oxygen saturation; Respiratory rate; Stroke
References: 172 (1997-2022)