

Penerapan *Active Cycle of Breathing Technique* (ACBT) terhadap Saturasi Oksigen pada Pasien Sesak Napas di ruang IGD Rumah Sakit Roemani Muhammadiyah Semarang

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ABSTRAK

Latar belakang: Sesak napas disebabkan oleh banyak hal seperti kesulitan bernapas yang terjadi karena infeksi dari saluran pernapasan atau bisa terjadi karena kerusakan organ lain selain sistem pernapasan. Sesak napas bisa terjadi secara tiba-tiba, saat sedang istirahat atau di saat melakukan aktivitas. Salah satu intervensi yang dapat digunakan sebagai penanganan pada pasien sesak napas yaitu, teknik pernapasan ACBT yang merupakan tindakan non farmakologis yang sangat efektif untuk membantu menangani sesak napas karena dapat menurunkan frekuensi pernapasan, mengatur pola napas, dan mengurangi sesak napas.

Tujuan: Mendeskripsikan Penerapan *Active Cycle of Breathing Technique* (ACBT) Terhadap Saturasi Oksigen Pada Pasien Sesak Napas di ruang IGD Rumah Sakit Roemani Muhammadiyah Semarang.

Metode: Desain penelitian *pra-eksperimental*, rancangan *pra-pascates* dalam satu kelompok *one-grup pra-post test design* yaitu menggunakan hubungan atau pengaruh sebab akibat dengan cara melibatkan satu kelompok subjek. Kelompok subjek diobservasi sebelum dilakukan intervensi, kemudian diobservasi lagi setelah intervensi.

Hasil: Hasil penelitian yang dilakukan pada 4 responden di ruang IGD, didapatkan bahwa pemberian terapi *Active Cycle of Breathing Technique* (ACBT) memberikan pengaruh positif terhadap peningkatan saturasi oksigen dan penurunan laju napas (RR) pada pasien yang mengalami sesak napas. Setelah dilakukan terapi ACBT, keempat responden mengalami peningkatan saturasi oksigen rata-rata sebesar 3%, serta penurunan kategori sesak dari sedang dan berat menjadi ringan.

Kesimpulan: Terapi ACBT menunjukkan sangat bermanfaat bahwa ACBT dapat menjadi salah satu intervensi non-farmakologis yang efektif, sederhana, dan aman, khususnya pada pasien dengan keluhan sesak napas.

Kata kunci: *Active Cycle of Breathing Technique* (ACBT), Sesak napas, Saturasi Oksigen.

The Effect of Active Cycle of Breathing Technique (ACBT) on Oxygen Saturation in Patients with Dyspnea in the Emergency Department of Roemani Muhammadiyah Hospital Semarang

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ABSTRACT

Background: Shortness of breath (dyspnea) can be caused by various factors, such as respiratory tract infections or damage to organs other than the respiratory system. Dyspnea may occur suddenly, either at rest or during physical activity. One intervention that can be used to manage dyspnea is the Active Cycle of Breathing Technique (ACBT), a non-pharmacological method proven to be highly effective in reducing respiratory rate, regulating breathing patterns, and alleviating breathlessness.

Objective: To describe the application of the Active Cycle of Breathing Technique (ACBT) on oxygen saturation in patients experiencing dyspnea in the Emergency Department of Muhammadiyah Hospital Semarang.

Methods: This study employed a pre-experimental design with a one-group pretest-posttest approach, involving a single group of subjects observed before and after the intervention to identify causal effects.

Results: The study was conducted on four respondents in the Emergency Department. The findings revealed that ACBT therapy had a positive effect on improving oxygen saturation and reducing respiratory rate in patients with dyspnea. After the ACBT intervention, all four respondents experienced an average increase in oxygen saturation by 3%, and the severity of dyspnea decreased from moderate and severe to mild.

Conclusion: ACBT therapy proved to be highly beneficial as an effective, simple, and safe non-pharmacological intervention, especially for patients with complaints of shortness of breath.

Keywords: Active Cycle of Breathing Technique (ACBT), Dyspnea, Oxygen Saturation.