

**Penerapan Posisi Semi-Fowler dan Fisioterapi Dada Dalam Asuhan Keperawatan
Kritis Pada Tn. S.K Dengan Diagnosa Medis Pneumonia dan
Penurunan Kesadaran Di Ruang Intensive Care Unit
Rumah Sakit Budi Mulia Bitung**

Hartono, Theresia¹, Tiwatu, Filia²
Universitas Katolik De La Salle Manado
Email : theresiahartono22@gmail.com

Abstrak

Latar Belakang: Pneumonia merupakan salah satu penyebab utama morbiditas dan mortalitas pada pasien kritis di Intensive Care Unit (ICU). Penumpukan sekret akibat proses inflamasi paru dan penurunan kesadaran dapat menyebabkan bersihan jalan napas tidak efektif serta mengganggu oksigenasi. Penerapan posisi semi-Fowler dan fisioterapi dada merupakan intervensi keperawatan nonfarmakologis yang dapat membantu meningkatkan ventilasi paru, memobilisasi sekret, dan mempertahankan saturasi oksigen.

Tujuan: Menganalisis gambaran kasus, asuhan keperawatan, dan praktik pengelolaan pasien pneumonia dengan penurunan kesadaran melalui penerapan posisi semi-Fowler dan fisioterapi dada di Ruang Intensive Care Unit Rumah Sakit Budi Mulia Bitung.

Metode: Penulisan ini menggunakan metode studi kasus dengan pendekatan proses keperawatan pada seorang pasien berinisial Tn. S.K. yang dirawat di ICU dengan diagnosis medis pneumonia disertai penurunan kesadaran. Pengumpulan data dilakukan melalui wawancara dengan keluarga, observasi, pemeriksaan fisik, telaah rekam medis, serta pemeriksaan penunjang. Asuhan keperawatan diberikan berdasarkan Standar Diagnosis Keperawatan Indonesia (SDKI), Standar Luaran Keperawatan Indonesia (SLKI), Standar Intervensi Keperawatan Indonesia (SIKI), dan *evidence-based practice*.

Hasil: Berdasarkan hasil pengkajian ditegakkan tiga diagnosis keperawatan, yaitu bersihan jalan napas tidak efektif, pola napas tidak efektif, dan gangguan mobilitas fisik, dengan diagnosis prioritas bersihan jalan napas tidak efektif. Intervensi berupa pemberian posisi semi-Fowler dan fisioterapi dada yang dikombinasikan dengan pemantauan status respirasi, terapi oksigen, suction sesuai indikasi, serta kolaborasi terapi medis menunjukkan perbaikan bersihan jalan napas, membantu mobilisasi sekret, mempertahankan saturasi oksigen, dan mendukung peningkatan status respirasi pasien. Penerapan intervensi telah sesuai dengan *evidence-based practice* dalam keperawatan kritis.

Kata kunci: pneumonia, posisi semi-Fowler, fisioterapi dada, bersihan jalan napas tidak efektif, ICU.

Kepustakaan: 8 Jurnal, 1 Buku, 8 artikel (tahun 2022-2025)

**THE IMPLEMENTATION OF THE SEMI-FOWLER'S POSITION AND CHEST
PHYSIOTHERAPY IN CRITICAL NURSING CARE FOR MR. S.K. WITH A
MEDICAL DIAGNOSIS OF PNEUMONIA AND DECREASED LEVEL OF
CONSCIOUSNESS IN THE INTENSIVE CARE UNIT OF BUDI MULIA HOSPITAL
BITUNG**

Hartono, Theresia¹., Tiwatu, Filia²
Universitas Katolik De La Salle Manado
Email : theresiahartono22@gmail.com

Abstract

Background: Pneumonia is one of the leading causes of morbidity and mortality among critically ill patients in the Intensive Care Unit (ICU). The accumulation of pulmonary secretions due to inflammatory processes and decreased consciousness may result in ineffective airway clearance and impaired oxygenation. The implementation of the semi-Fowler's position and chest physiotherapy are non-pharmacological nursing interventions that can improve pulmonary ventilation, facilitate secretion mobilization, and maintain adequate oxygen saturation.

Objective: To analyze the case, nursing care, and clinical management of a patient with pneumonia and decreased level of consciousness through the implementation of the semi-Fowler's position and chest physiotherapy in the Intensive Care Unit of Budi Mulia Hospital, Bitung.

Methods: This study employed a case study design using the nursing process approach involving a patient identified as Mr. S.K., who was admitted to the ICU with a medical diagnosis of pneumonia accompanied by a decreased level of consciousness. Data were collected through family interviews, direct observation, physical examination, review of medical records, and diagnostic investigations. Nursing care was provided in accordance with the Indonesian Nursing Diagnosis Standards (SDKI), Indonesian Nursing Outcomes Standards (SLKI), Indonesian Nursing Intervention Standards (SIKI), and evidence-based nursing practice.

Results: The assessment identified three nursing diagnoses: ineffective airway clearance, ineffective breathing pattern, and impaired physical mobility, with ineffective airway clearance established as the priority nursing diagnosis. Interventions, including the semi-Fowler's position and chest physiotherapy, combined with continuous respiratory monitoring, oxygen therapy, suctioning as indicated, and collaborative medical management, resulted in improved airway clearance, enhanced secretion mobilization, maintenance of oxygen saturation, and overall improvement in the patient's respiratory status. The implemented interventions were consistent with evidence-based nursing practice in critical care.

Conclusion: The implementation of the semi-Fowler's position and chest physiotherapy, in conjunction with comprehensive nursing and medical management, was effective in improving airway clearance and respiratory status in a critically ill patient with pneumonia and decreased level of consciousness. These interventions may be considered effective evidence-based non-pharmacological nursing strategies in critical care settings.

Keywords: Pneumonia, Semi-Fowler's Position, Chest Physiotherapy, Ineffective Airway Clearance, Intensive Care Unit (ICU).

References: 11 journals, 1 book, 8 articles (2022-2025)

This translation has been checked and proven accurate

/Rafael H/X. Sengkey, S.S., M.Pd.
Head of Language Development Office
Universitas Katolik De La Salle Manado