

HUBUNGAN ANTARA CARA BATUK EFEKTIF MENGGUNAKAN METODE PURSED LIP BREATHING DENGAN KUALITAS SPUTUM.

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Penyakit Tuberkulosis paru (TB Paru) adalah penyakit infeksi yang disebabkan oleh *Mycobacterium tuberculosis* yang menyerang paru. Diagnosis TB Paru ditegakkan dengan menemukan basil tahan asam (BTA) pada pemeriksaan sputum. Dari data laboratorium pada pemeriksaan kualitas sputum penderita TB Paru dengan Jenis pemeriksaan SPS di Puskesmas Bojong I Kabupaten Pekalongan, terlihat hasil pemeriksaan sewaktu I dari tahun 2000-2004 memiliki kualitas sputum yang rendah. Hal ini disebabkan penderita suspek TB Paru tidak dapat mengeluarkan sputum. Dengan pemberian cara batuk efektif menggunakan metode pursed lip breathing, maka diharapkan akan didapat kualitas sputum suspek TB Paru yang lebih baik. Penelitian ini bertujuan untuk mengetahui hubungan antara cara batuk efektif menggunakan metode pursed lip breathing dengan kualitas hasil pemeriksaan sputum pada pemeriksaan sputum sewaktu I. Penelitian ini menggunakan metode eksperimen kuasi. Desain penelitian yang digunakan adalah post test with control. Dari penelitian diperoleh hasil terdapat hubungan antara cara batuk efektif menggunakan metode pursed lip breathing dengan kualitas hasil pemeriksaan sputum pada pemeriksaan sputum sewaktu I. Persentase sputum kualitas baik sebanyak 83,30% dan sputum kualitas tidak baik sebesar 16,70% pada sputum hasil pemeriksaan dengan cara batuk efektif menggunakan metode pursed lip breathing. Persentase sputum kualitas baik sebesar 41,70% dan sputum kualitas tidak baik sebesar 58,30% pada sputum kontrol. Kesimpulan dan saran : pemberian cara batuk efektif menggunakan metode pursed lip breathing mempunyai hubungan yang signifikan dengan kualitas sputum dan penemuan BTA positif, sebaiknya metode ini diterapkan pada setiap pemeriksaan sputum suspek TB-Paru di Puskesmas untuk menunjang keberhasilan penemuan penderita pada program Pemberantasan Penyakit TB-Paru Kabupaten /Kota.

Kata Kunci: Kualitas sputum, batuk efektif, metode pursed lip breathing.

THE RELATIONSHIP BETWEEN EFFECTIVE COUGH TECHNIQUE USING PURSED LIP BREATHING METHOD AND SPUTUM QUALITY.

Abstract

Lung Tuberculosis (lung TB) is infection disease caused by Mycobacterium tuberculosis attacking the lung. The diagnostics of lung TB is established by finding out the Acid Resistant Bacillus in sputum examination. Based on the laboratory data of sputum quality examination of lung TB carrier with the kind of SPS examination in Public Health Center Bojong I Pekalongan District, it shows that phase I of the year 2000-2004 has low sputum quality. This is caused the suspect patient of lung TB cannot produce sputum. By giving the effective cough manner using pursed lip breathing method is hoped to obtain the better suspect sputum quality of lung TB. The objective of this research was to find out the relationship between effective cough using pursed lip breathing method and quality of sputum on the phase I sputum examination. This was an experimental study using post test with control design. Suspect divided into two groups, by giving treatment to one of the groups (called treatment group) and another group that is not given treatment (controll group). The result of the research shows that there was relationship between effective cough technique using pursed lip breathing method and sputum quality on the phase I sputum examination. The percentage of the good quality sputum was 83,30% and the bad quality sputum was 16,70% while on the sputum of the result examination through effective cough technique using pursed lip breathing method was 41,70% and the low quality sputum was 58,30% on the control sputum. Conclusion and suggestion : the giving of effective cough technique using pursed lip breathing method has a significant relation with the sputum quality and the finding of the positive Acid Resistant Bacillus. It was better that this method was applied on every suspect sputum examination of the lung tuberculosis carrier in Puskesmas to support the successful identification of the patient on the program combating the lung tuberculosis in the regency or city.

Keyword : Sputum quality, effective cough, pursed lip breathing method.