

**PEMBERIAN LATIHAN *INCENTIVE SPIROMETRY* PADA  
PENDERITA PENYAKIT PARU OBSTRUKTIF KRONIK  
DI RSUD DR SOEKARDJO KOTA TASIKMALAYA**

**KARYA TULIS ILMIAH**



**RISA HERMALINDA  
NIM : 10120017**

**PROGRAM STUDI D III KEPERAWATAN  
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Risa Hermalinda

**Pemberian Latihan *Incentive Spirometry* pada Penderita Penyakit Paru  
Obstruktif Kronik di RSUD dr Soekardjo Kota Tasikmalaya**

xiv + 62 halaman + 9 Tabel + 2 Gambar + 13 Lampiran

**ABSTRAK**

Pendahuluan: Penyakit Paru Obstruktif Kronik (PPOK) adalah penyakit aliran udara progresif yang berhubungan dengan respon peradangan kronis dengan parenkim pernapasan akibat gas atau zat berbahaya. Tanda dan gejala yang dapat terjadi diantaranya batuk kronis, produksi sputum kronis, bronchitis akut, dispnea dan riwayat terpapar faktor risiko. Salah satu penatalaksanaan pada penderita PPOK yaitu rehabilitasi paru dengan program latihan pernapasan menggunakan *incentive spirometry*. Latihan *incentive spirometry* adalah latihan dengan beban intensitas rendah untuk meningkatkan kekuatan otot inspirasi dan meningkatkan ekspansi paru dengan menggunakan alat berupa spirometer. Tujuan penelitian: Untuk mengetahui efek pemberian latihan *incentive spirometry* pada penderita PPOK di RSUD dr Soekardjo Kota Tasikmalaya. Metode penelitian: Karya Tulis Ilmiah ini adalah penelitian deskriptif dengan pendekatan studi kasus. Hasil penelitian: Didapatkan hasil kondisi subyek dengan keluhan mudah lelah dan napas pendek, Post dilakukan latihan *incentive spirometry* terdapat peningkatan nilai *Forced Expiratory Volume in One Second* (FEV1), perubahan frekuensi pernapasan dan peningkatan kekuatan otot pernapasan. Kesimpulan: Latihan *incentive spirometry* memberikan efek pada nilai FEV1, frekuensi pernapasan dan kekuatan otot pernapasan penderita PPOK.

**Kata Kunci:** FEV1, Frekuensi Pernapasan, *Incentive Spirometry*, Kekuatan Otot Pernapasan, PPOK

**Daftar Pustaka:** 28 buah (2014 – 2023)

**D III NURSING STUDY PROGRAM  
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*Risa Hermalinda*

***Provision of Incentive Spirometry Exercise to Patients with Chronic Obstructive Pulmonary Disease at Dr Soekardjo Hospital, Tasikmalaya City***

*xiv + 62 pages + 9 tables + 2 pictures + 13 appendices*

**ABSTRACT**

*Introduction: Chronic Obstructive Pulmonary Disease (COPD) is a progressive airflow disease associated with a chronic inflammatory response to the respiratory parenchyma due to gases or noxious substances. Signs and symptoms that may occur include chronic cough, chronic sputum production, acute bronchitis, dyspnea and history of exposure to risk factors. One of the treatments for COPD sufferers is pulmonary rehabilitation with a breathing exercise program using incentive spirometry. Incentive spirometry exercise is an exercise with low intensity loads to increase inspiratory muscle strength and increase lung expansion using a tool in the form of a spirometer. Research objective: To determine the effect of giving incentive spirometry training to COPD sufferers at Dr Soekardjo Hospital, Tasikmalaya City. Research method: Scientific writing is a descriptive research with a case study approach. Results of the study: Obtained the results of the condition of the subjects with complaints of fatigue and shortness of breath, after doing incentive spirometry exercises there was an increase in the value of Forced Expiratory Volume in One Second (FEV1), changes in respiratory frequency and increased respiratory muscle strength. Conclusion: Incentive spirometry exercises have an effect on FEV1 values, respiratory frequency and respiratory muscle strength in COPD sufferers.*

**Keywords:** *COPD, FEV1, Incentive Spirometry, Respiratory Frequency, Respiratory Muscle Strength*

**Bibliography:** *28 pieces (2014 – 2023)*