

The application of pursed lip breathing and jasmine aromatherapy to reduce respiratory rate in patients following laparotomy at RSUD Dr Saiful Anwar in Kota Malang

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ABSTRACT

Introduction: Respiratory pattern disturbances in patients following laparotomy require comprehensive management. The combined use of pursed-lip breathing and jasmine aromatherapy may serve as an effective and safe nonpharmacological intervention. This study aims to provide nursing care for patients post-laparotomy by applying PLB and jasmine aromatherapy to address respiratory disturbances.

Method: A descriptive method with a case study approach was used, following the nursing care process, which includes assessment, diagnosis, intervention, implementation, and evaluation. ***Results:*** The assessment revealed that the patient complained of shortness of breath with a respiratory rate of 25 breaths per minute, oxygen saturation of 96%, use of accessory breathing muscles, and decreased breath depth. The established nursing diagnosis was ineffective breathing pattern. The planned interventions included airway management with the outcome criterion of improvement. The interventions were implemented as planned over 4 days. The evaluation showed a decrease in respiratory rate from 25 breaths per minute to 20 breaths per minute, an increase in oxygen saturation from 96% to 99%, reduced use of accessory breathing muscles, and improved breath depth. ***Conclusion:*** Based on the assessment through evaluation, nursing care combining PLB and jasmine aromatherapy can be used as an alternative intervention to help reduce shortness of breath and restore optimal lung function in patients following cholecystectomy.

Keywords: pursed lip breathing, jasmine aromatherapy, respiratory disorder, laparotomy