

**CHEST PHYSIOTHERAPY INTERVENTION AND PEPPERMINT
INHALATION THERAPY IN PATIENTS CLEANING THE ROAD ARE
INEFFECTIVE WITH A MEDICAL DIAGNOSIS OF PNEUMONIA IN
THE GATOT KACA ROOM, JOMBANG REGIONAL HOSPITAL**

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ABSTRACT

Pneumonia is a lower respiratory tract infection that often causes secretion buildup , leading to nursing problems of ineffective airway clearance . The accumulation of secretions can interfere with ventilation, decrease oxygen saturation, and increase the work of breathing. One non-pharmacological intervention that can help overcome this condition is chest physiotherapy combined with peppermint inhalation therapy. Analyzing the application of chest physiotherapy and peppermint inhalation therapy in patients with nursing problems of ineffective airway clearance due to pneumonia in the Gatot Kaca Ward of Jombang Regional Hospital. This study used a descriptive design with a case study approach in one pneumonia patient who experienced ineffective airway clearance . Data collection was carried out through interviews, observations, physical examinations, and documentation studies. Nursing care was implemented using the SDKI, SLKI, and SIKI approaches for three days with chest physiotherapy and peppermint inhalation therapy interventions . After 3 x 24 hours of intervention, the patient's condition showed improvement, characterized by reduced shortness of breath, increased ability to expel secretions independently, decreased respiratory rate from 32 breaths/minute to 26 breaths/minute, increased oxygen saturation to 98%, and reduced additional breath sounds. The nursing problem of ineffective airway clearance was partially resolved and the patient was discharged in an improved clinical condition. Chest physiotherapy combined with peppermint inhalation therapy provided benefits in improving airway clearance through mobilization of secretions , improving ventilation, increasing oxygen saturation, and reducing shortness of breath in pneumonia patients. This intervention can be considered as a non-pharmacological supportive therapy in nursing care for pneumonia patients with ineffective airway clearance problems.

Keywords: pneumonia, ineffective airway clearance , chest physiotherapy, peppermint inhalation , nursing care.