

THE APPLICATION OF DEEP BREATHING AND BLOWING WITH BUBBLES ON LUNG EXPANSION IN CHILDREN WITH PNEUMONIA IN TOPAZ IHC WARD, LAVALETTE HOSPITAL

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ABSTRACT

Background: Pneumonia is one of the main causes of morbidity and mortality in children that causes ventilation disorders and decreased lung expansion due to the inflammatory process and accumulation of secretions. One of the non-pharmacological interventions that can be applied is deep breathing and blowing with bubbles to help increase alveolar ventilation, facilitate secretion removal, and increase lung expansion.

Objective: Implement nursing care through deep breathing and blowing with bubbles on lung expansion, determine the differences in the responses of both and determine the supporting and inhibiting factors in children with pneumonia in the Topaz IHC Room, Lavalette Hospital, Malang City. **Method:** This study used a descriptive case study design with a nursing process approach in two children with a medical diagnosis of pneumonia in the Topaz IHC Room, Lavalette Hospital, Malang City. Data were collected through interviews, observations, physical examinations, and medical record documentation. The intervention was given for three days and evaluated based on changes in respiratory conditions and lung expansion. **Results:** The application of deep breathing and blowing with bubbles increased lung expansion in both patients. The first patient's lung expansion increased from 1.5 cm to 2.5 cm, while the second patient's from 1.2 cm to 2.2 cm. In addition, there was a decrease in respiratory rate, a reduction in rhonchi, easier expectoration of secretions, and improved respiratory function. The first patient showed a faster response than the second patient, who had comorbidities.

Conclusion: The application of deep breathing and blowing with bubbles can increase lung expansion and improve respiratory function in children with pneumonia. The success of the intervention is influenced by the patient's condition, the child's ability to participate in the exercises, and family support.

Keywords: pneumonia, children, deep breathing, blowing with bubbles, lung expansion.