

APPLICATION OF ALTERNATIVE THERAPY USING CAJUPUT OIL
STEAM INHALATION AND CHEST PHYSIOTHERAPY IN ASTHMA
PATIENTS EXPERIENCING INEFFECTIVE AIRWAY CLEARANCE IN THE
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ABSTRACT

Asthma is a chronic inflammatory airway disease characterized by bronchial hyperresponsiveness, bronchospasm, and increased mucus production, which can lead to impaired airway clearance. Cajuput oil steam inhalation and chest physiotherapy were selected as supportive therapies because both have the potential to help thin secretions, enhance sputum mobilization, and improve airway clearance in asthma patients. The objective was to describe the application of these alternative therapies—cajuput oil steam inhalation and chest physiotherapy—in an asthma patient experiencing the nursing problem of ineffective airway clearance. This scientific paper employs a descriptive research design using a case study approach. The intervention involved administering cajuput oil steam inhalation and chest physiotherapy. Following a three-day intervention period (November 6–8, 2025), the patient's condition improved; this was evidenced by reduced shortness of breath, easier sputum expectoration, decreased wheezing, improved effective coughing ability, and a respiratory rate that normalized to 20 breaths per minute from an initial 30 breaths per minute. The application of cajuput oil steam inhalation and chest physiotherapy, combined with airway management, proved effective in improving airway clearance in the asthma patient. These interventions can serve as supportive therapies in nursing care for patients with ineffective airway clearance.

Keywords: Cajuput Oil Steam Inhalation, Chest Physiotherapy, Asthma, Ineffective Airway Clearance