IMPLEMENTATION OF BUBBLE PLAY ASSISTED CHEST PHYSIOTHERAPY IN CHILDREN WITH BRONCHIAL ASTHMA TO IMPROVE AIRWAY CLEARANCE IN THE SRIKANDI ROOM OF JOMBANG REGIONAL GENERAL HOSPITAL

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ABSTRACT

Background: *Bronchial asthma is a chronic inflammatory disease of the airways that often causes mucus accumulation, leading to ineffective airway clearance in children. One non-pharmacological intervention that can be used to facilitate secretion mobilization is bubble play assisted chest physiotherapy, a combination of chest physiotherapy and bubble-blowing play therapy. This case study aimed to analyze the implementation of bubble play assisted chest physiotherapy in a child with bronchial asthma to improve airway clearance.* ***Methods:*** *A case study with a nursing process approach was conducted on a 5-year-old preschool child diagnosed with bronchial asthma in the Srikandi Ward of Jombang Regional Public Hospital. The intervention was administered for 3×24 hours and included postural drainage, chest percussion, vibration, bubble play, and effective coughing techniques.* ***Results:*** *Airway clearance improved, as indicated by a decrease in respiratory rate from 34 to 28 breaths per minute, disappearance of wheezing, improved effective coughing, reduced sputum production, and decreased shortness of breath. Active family involvement also supported the success of the intervention.* ***Conclusion:*** *bubble play assisted chest physiotherapy may improve airway clearance in children with bronchial asthma through secretion mobilization and play-based breathing exercises..*

Keywords: *airway clearance, bronchial asthma, bubble play, chest physiotherapy, children*