

ABSTRACT

The application of Pursed Lip Breathing (PLB) and Active Cycle of Breathing Technique (ACBT) on the Respiratory Rate and Breath Sounds of Pneumonia Patients in the Melati Room of Mardi Waluyo Regional Hospital, Blitar. Manzilatuz Zahroh (2025), Nursing Profession Education Study Program, Department of Nursing, Health Ministry Polytechnic of Malang. Supervisor Nurul Hidayah, S. Kep., Ns., M. Kep.

Pneumonia is part of infectious diseases that cause inflammation in the lungs, leading to impaired lung function, which can result in death if left untreated. This requires special handling and additional therapies, one of which is Pursed Lip Breathing (PLB) and Active Cycle of Breathing Technique (ACBT); however, there have not been many cases where PLB and ACBT therapies are performed simultaneously. This research was conducted to determine the results of implementing PLB and ACBT on the respiratory rate and breath sounds of pneumonia patients. This scientific work uses a descriptive research format with a case study approach. The approach used is a nursing care approach that consists of assessment, nursing diagnosis, intervention, implementation, and evaluation. Data collection was done through interviews, observations, physical examinations, and documentation. The results showed that pneumonia patients had issues with ineffective breathing patterns, thus PLB and ACBT techniques were implemented. From the evaluation results over 3 days, shortness of breath decreased, there was no additional wheezing sound, and respiratory rate improved. With the interventions of PLB technique and ACBT, the respiratory rate can decrease, breathing patterns improve, additional breath sounds disappear, and sputum production decreases. It is hoped that health workers will provide education and guide patients in PLB and ACBT therapy to reduce shortness of breath.

Keywords: Pneumonia, Pursed Lip Breathing, Active Cycle of Breathing Technique, Respiratory Rate.