

## ABSTRACT

Intervention of Semi Fowler Position Combination of Active Cycle of Breathing Technique Exercise to Overcome Ineffective Airway Clearance in Patients With Pneumonia at RST dr. Soepraoen Malang. Nurul Aprisa Sakura (2025), Nurse Professional Education Program, Nursing Department, Politeknik Kesehatan Kemenkes Malang. Supervisor Taufan Arif, S.Kep., Ns., M.Kep.

**Background:** Airway obstruction due to secretion accumulation, caused by infection or inflammation, often leads to ineffective airway clearance in pneumonia patients. Symptoms such as dyspnea, ineffective coughing, and altered breathing patterns can worsen the patient's condition. This study aims to provide nursing care for ineffective airway clearance through the intervention of the Semi-Fowler position combined with the Active Cycle of Breathing Technique (ACBT) in pneumonia patients. **Method:** This scientific paper employs a descriptive research design with a case study approach. The nursing care process includes assessment, nursing diagnosis, intervention, implementation, and evaluation. The intervention was conducted from August 4–7, 2024, in the Teratai Room of RST dr. Soepraoen Malang. **Results:** The intervention involved positioning the patient in a 45-degree Semi-Fowler position for 8 hours combined with ACBT exercises. The Active Cycle of Breathing Technique (ACBT) exercises were performed once a day before medication administration, with each phase lasting 2 minutes. The 45-degree Semi-Fowler position combined with ACBT aimed to reduce dyspnea and facilitate the clearance of retained secretions. After four days of intervention with the Semi-Fowler position combined with Active Cycle of Breathing Technique (ACBT), the patient reported no complaints of dyspnea, was able to expel sputum, had a respiratory rate of 20 breaths per minute, and an oxygen saturation of 98% on room air. **Conclusion:** The combination of the Semi-Fowler position and ACBT effectively improved airway clearance in pneumonia patients. This intervention can be considered a non-pharmacological approach to support respiratory function and enhance patient outcomes.

**Keywords:** Pneumonia, Semi-Fowler Position, Active Cycle of Breathing Technique.