

## ABSTRAK

### ***Systematic review: Manajemen Terapeutik untuk Mencegah Reintubasi Pada Pasien Yang Menjalani Penyapihan Ventilator Mekanik di Ruang Perawatan Intensif***

**Yolanda Sri Bhunga<sup>1</sup>, Iwan Purnawan<sup>2</sup>, Ridlwan Kamaluddin<sup>2</sup>**

*Departemen Nursing, Faculty of Health Sciences, Jenderal Soedirman University, Purwokerto, Indonesia*

Jl. Dr. Soerparno, Karangwangkal, Purwokerto Utara 53123 Telp (0281) 642838

E-mail: [ybunga72@gmail.com](mailto:ybunga72@gmail.com)

**Latar belakang dan tujuan:** Angka keberhasilan penyapihan ventilator mekanik beberapa rumah sakit di Indonesia masih rendah. Banyak faktor yang memengaruhi salah satunya batuk. Kemampuan batuk dapat ditingkatkan dengan pemberian terapi, namun belum terdapat artikel yang membahas berbagai terapi untuk meningkatkan batuk pada pasien yang berada di ruang perawatan intensif. Penelitian ini dilakukan untuk mengetahui manajemen terapeutik yang meningkatkan kemampuan batuk sehingga menurunkan kejadian reintubasi.

**Metode:** Penelitian dengan desain *systematic review*, artikel berasal dari database Pubmed, Springer, Wiley on Library, dan Google Scholar. Artikel diseleksi menggunakan PRISMA dan dinilai kelayakannya menggunakan *the Joanna briggs institute* (JBI), artikel 5 tahun terakhir berbahasa Inggris dengan subjek penelitian tindakan terapeutik pada pasien ekstubasi di ruang perawatan intensif.

**Hasil:** Hasil penelusuran dan seleksi didapatkan 6 dari 710 artikel memenuhi kriteria. Hasil analisis menunjukkan kombinasi fisioterapi dada, Latihan beban otot perut, pengurangan suction, serta intervensi pilihan sebelum, selama dan setelah ekstubasi signifikan mengurangi durasi penggunaan ventilator mekanik, durasi rawat di ICU, dan menurunkan kejadian reintubasi.

**Kesimpulan:** Manajemen terapeutik diketahui efektif menurunkan kejadian reintubasi pada pasien yang menjalani penyapihan ventilator mekanik di ruang perawatan intensif.

**Kata Kunci:** Ekstubasi, intervensi keperawatan, ventilator mekanik, perawatan intensif

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<sup>1</sup>Mahasiswa Program Studi Ners Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

<sup>2</sup>Dosen Keperawatan Gawat Darurat Dan Kritis, Jurusan Keperawatan, Fakultas Ilmu-ilmu Kesehatan, Universitas Jenderal Soedirman

## ABSTRACT

### ***Systematic review: Therapeutic Management to Prevent Reintubation in Patients Undergoing Mechanical Ventilator Weaning in the Intensive Care Unit***

**Yolanda Sri Bhunga<sup>1</sup>, Iwan Purnawan<sup>2</sup>, Ridlwan Kamaluddin<sup>2</sup>**

*Departemen Nursing, Faculty of Health Sciences, Jenderal Soedirman University, Purwokerto, Indonesia*

Jl. Dr. Soerparno, Karangwangkal, Purwokerto Utara 53123 Telp (0281) 642838

E-mail: [ybunga72@gmail.com](mailto:ybunga72@gmail.com)

**Background and Aims:** The success rate of mechanical ventilation some hospitals in Indonesia is still low. There are many factors that affect one of them. The ability to cough can be enhanced with therapy, but there are no articles discussing various therapies to increase coughing in patients who are in intensive care rooms. This study was conducted to identify therapeutic management that increases the ability to cough and thus decreases the incidence of re-intubation.

**Method:** for research with a *systematic review* design, articles come from PubMed, Springer, Wiley on Library, and Google Scholar databases. Articles were selected using PRISMA and assessed for feasibility using the Joanna Briggs Institute (JBI), Articles for the last 5 years in English with the subject of therapeutic action research on extubated patients in the intensive care unit.

**Results:** The search and selection results obtained six out of 710 articles met the criteria. The results of the analysis showed that the combination of chest physiotherapy, abdominal muscle weight training, suction withdrawal, and intervention options before, during, and after extubate significantly reduced the duration of mechanical ventilator use, the duration of stay in the ICU, and the incidence of reintubation.

**Conclusion:** Therapeutic management is known to be effective in reducing the incidence of reintubation in patients undergoing mechanical ventilator drainage in intensive care rooms.

**Keywords:** Extubation, nursing intervention, mechanical ventilator, intensive care

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<sup>1</sup>Student, Department of Nursing, Faculty of Health Sciences, Jenderal Soedirman University ventilator University, Purwokerto

<sup>2</sup>Lecturer, Emergency and crisis Nursing Division, Department of Nursing, Faculty of Health Sciences, Jenderal Soedirman University, Purwokerto