

Abstrak

PENGARUH KOMBINASI *PURSED LIPS BREATHING* DENGAN INHALASI AROMATERAPI LAVENDER MONETER (*MOBILE INHALER THERAPY TIMER*) TERHADAP STATUS HEMODINAMIK PASIEN POST-VENTILASI MEKANIK DI RSUD DR. SOEKARDJO TASIKMALAYA

Yeli Yulianti¹, Sidik Awaludin², Yunita Sari³

Latar Belakang: Pasien pasca ventilasi mekanik sering mengalami gangguan status hemodinamik. Eksplorasi metode non-farmakologis *Pursed Lips Breathing* dan inhalasi aromaterapi lavender : *mobile inhaler therapy timer* membantu menstabilkan status hemodinamik. Penggunaan *mobile inhaler therapy timer* memberikan kontrol tambahan pada penerapan terapi, memastikan hasil yang konsisten. Tujuan, mengetahui pengaruh *pursed lips breathing* dengan inhalasi aroma terapi lavender *mobile inhaler therapy timer* terhadap status hemodinamik pasien post ventilasi.

Metode: Design penelitian tahap I *Research dan Development* pengembangan prototipe moneter, validitas prototipe diuji menggunakan *content validity index* dan uji reabilitas *kappa* serta uji user. Tahap II merupakan uji kuantitatif dengan desain *quasi-experimental pre-post test* menggunakan kelompok kontrol. Sebanyak 30 pasien dibagi secara acak. *Pursed Lips Breathing* dan inhalasi aromaterapi lavender diterapkan selama 6 menit sebanyak dua kali sehari selama 2 hari.

Hasil: Pada tahap 1, dihasilkan *prototype mobile inhaler therapy timer* yang valid dan reliabel nilai *kappa* 0,823 dengan nilai *p-value* $\leq 0,001$ dan uji user ICC 0,733. Pada tahap 2, kelompok intervensi menunjukkan perbedaan yang signifikan pada sebagian besar parameter hemodinamik, kecuali saturasi oksigen ($p = 0,891$). Tekanan darah sistolik, diastolik, frekuensi napas dan *mean arterial preasure* pada kelompok intervensi menurun ($p \leq 0,001$). Sebaliknya, kelompok kontrol tidak menunjukkan perubahan signifikan ($p > 0,05$).

Kesimpulan: Alat inovasi moneter reliabel dan kombinasi *Pursed Lips Breathing* dan inhalasi aromaterapi lavender menggunakan *mobile inhaler therapy timer* terbukti efektif dalam memperbaiki status hemodinamik pasien pasca ventilasi mekanik.

Kata Kunci: *Pursed Lips Breathing*, Aromaterapi Lavender, Ventilasi Mekanik, Status Hemodinamik, *Mobile Inhaler Therapy Timer*

¹Mahasiswa Program Studi Magister Jurusan Keperawatan
Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

²Departemen Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

Abstract

THE EFFECT OF COMBINING PURSED LIPS BREATHING WITH LAVENDER AROMATHERAPY BY A MOBILE INHALER THERAPY TIMER ON HEMODYNAMIC STATUS OF POST MECHANICAL VENTILATION PATIENTS AT RSUD DR. SOEKARDJO TASIKMALAYA

Yeli Yulianti¹, Sidik Awaludin², Yunita Sari³

Background: Patients post-mechanical ventilation often experience hemodynamic disturbances. The exploration of non-pharmacological methods such as Pursed Lips Breathing (PLB) and lavender aromatherapy inhalation using a mobile inhaler therapy timer helps stabilize hemodynamic status. The use of a mobile inhaler therapy timer provides additional control in therapy implementation, ensuring consistent outcomes. This study aims to determine the effect of PLB combined with lavender aromatherapy inhalation using a mobile inhaler therapy timer on the hemodynamic status of post-ventilation patients.

Methods: Stage I used a Research and Development design to develop a moneter prototype, with validity tested using the Content Validity Index, kappa reliability test, and user testing. Stage II was a quantitative study using a quasi-experimental pre-post test design with a control group. A total of 30 patients were randomly divided into groups. PLB and lavender aromatherapy inhalation were applied for 6 minutes twice a day over two days.

Results: In Stage I, a valid and reliable mobile inhaler therapy timer prototype was produced, with an average kappa value of 0.823 ($p \leq 0.001$) and an ICC value of 0.733 in the user test. In Stage II, the intervention group showed significant improvements in most hemodynamic parameters, except oxygen saturation ($p = 0.891$). Systolic and diastolic blood pressure, respiratory rate, and mean arterial pressure in the intervention group decreased significantly ($p \leq 0.001$), whereas the control group showed no significant changes ($p > 0.05$).

Conclusion: The moneter device is reliable, and the combination of PLB and lavender aromatherapy inhalation using a mobile inhaler therapy timer is effective in improving the hemodynamic status of patients post-mechanical ventilation.

Keywords: Pursed Lips Breathing, Lavender Aromatherapy, Mechanical Ventilation, Hemodynamic Status, Mobile Inhaler Therapy Timer.

¹Student of the Master's Study Program, Nursing Department Faculty of Health Sciences, Jenderal Soedirman University

²Department of the Faculty of Health Sciences, Jenderal Soedirman University