**APPLICATION OF CHEST PHYSIOTHERAPY IN CLIENTS WITH PULMONARY TB WITH THE PROBLEM OF INEFFECTIVENESS OF AIRWAY CLEANING AT PUTRI AYU PUBLIC HEALTH CENTER AREA**

STUDY PROGRAM OF DIPLOMA III NURSING HIGH SCHOOL OF HEALTH SCIENCES GARUDA PUTIH JAMBI Vera Nestia\*Bettrianto\*\*Rts. Netisa Martawinarti\*\*\* Email : veeranestiarasyid@gmail.com

ABSTRACT

**Background** : Patients with pulmonary tuberculosis in Indonesia are in third place after in India and China. Patients with pulmonary tuberculosis usually complain that it is difficult to get rid of phlegm optimally and experience shortness of breath. Therefore, to optimize it, cleaning the airway from excessive sputum or secretions is necessary. One of the treatments is to perform chest physiotherapy which consists of postural drainage, clapping. , vibration, deep breathing and coughing are effective. This action makes it easier to remove secretions so that the airway becomes smooth.

**Objective** : To determine the effect of giving chest physiotherapy as a management of ineffective airway problems in patients with pulmonary TB.

**Method** : This research uses descriptive method. Sample in this study was 2 clients suffering from pulmonary TB. Measurements using Standard Operating Procedures were then observed after and after performing chest physiotherapy.

**Results** : The results obtained by performing chest physiotherapy according to the Standard Operating Procedures for the Pre-test and Post-test show that there are differences in the client with pulmonary TB, this proves that the airway is effective again and is able to expel phlegm optimally and the client's shortness of breath is reduced.

**Conclusion** : The application of chest physiotherapy is very helpful for optimally removing phlegm and reducing shortness of breath in clients with pulmonary TB at Putri Ayu Public Health Center area.

**Suggestion** : It is hoped that this research can be used as a reference in airway clearance in pulmonary TB clients.

**Keywords** : Pulmonary TB, Airway Clearance, Chest Physiotherapy

**References** : 18 Books(2006-2019), 4 Journals (2017-2022)