THE IMPLEMENTATION OF EFFECTIVE COUGHING TECHNIQUE ON AIRWAY CLEARANCE IN ADULT PATIENTS WITH PULMONARY TUBERCULOSIS AT GAMBIRSARI PUBLIC HEALTH CENTER SURAKARTA

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ABSTRACT

Background: *Pulmonary tuberculosis is an infectious disease that may cause secretion retention, resulting in ineffective airway clearance. One of the non-pharmacological interventions that can be applied is the effective coughing technique.* ***Objective:*** *To describe the outcomes before and after the implementation of the effective coughing technique on airway clearance in adult patients with pulmonary tuberculosis at the Gambirsari Public Health Center, Surakarta.* ***Methods:*** *This applied research used a descriptive case study approach. The subjects consisted of two adult patients with pulmonary tuberculosis. The effective coughing technique was implemented in three sessions over one weeks. Airway clearance was assessed before and after the intervention using an observation sheet based on the Indonesian Nursing Outcomes Standards (SLKI) indicators for airway clearance.* ***Results:*** *Before the intervention, both participants experienced productive cough, difficulty expectorating sputum, and rhonchi. After the implementation of the effective coughing technique, sputum was easier to expectorate, rhonchi decreased, and airway clearance improved.* ***Conclusion:*** *The implementation of the effective coughing technique for six sessions helped improve airway clearance in adult patients with pulmonary tuberculosis.*

Keywords: *Airway Clearance, Effective Coughing Technique, Pulmonary Tuberculosis.*