

**GAMBARAN PENANGANAN ORAL *HYGIENE* SELAMA 3 HARI
TERHADAP PENCEGAHAN VENTILATOR ASSOCIATED
PNEUMONIA (VAP) DI RUANG ICU RUMAH SAKIT
BHAYANGKARA BONDOWOSO**

KARYA ILMIAH AKHIR NERS



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**PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN
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GAMBARAN PENANGANAN *ORAL HYGIENE* SELAMA 3 HARI TERHADAP PENCEGAHAN VENTILATOR ASSOCIATED PNEUMONIA (VAP) DI RUANG ICU RUMAH SAKIT BHAYANGKARA BONDOWOSO

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Telah berhasil dipertahankan dihadapan Dewan Penguji dalam ujian sidang karya ilmiah akhir ners pada tanggal 29 bulan Januari tahun 2026 dan telah diterima sebagai bagian persyaratan yang diperlukan untuk meraih gelar Ners pada Program Studi Profesi Ners Fakultas Ilmu Kesehatan Universitas dr. Soebandi Jember.

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ABSTRAK

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Abstrak

Pendahuluan: Pasien dengan penurunan kesadaran yang terpasang ventilator mekanik memiliki risiko tinggi mengalami *ventilator associated pneumonia* (VAP), salah satunya akibat akumulasi sekret dan kolonisasi bakteri di rongga mulut. Meskipun Rumah Sakit Bhayangkara Bondowoso telah memiliki standar operasional prosedur (SOP) *oral hygiene*, pelaksanaannya di ruang ICU sering dilakukan secara situasional karena keterbatasan sumber daya perawat, kondisi pasien, dan beban kerja. Tujuan: Mengetahui penanganan *oral hygiene* yang dilakukan secara konsisten selama tiga hari pada pasien yang terpasang ventilator mekanik sebagai upaya pencegahan Ventilator Associated Pneumonia (VAP) di ruang ICU Rumah Sakit Bhayangkara Bondowoso. Metode: Studi kasus dengan pendekatan proses asuhan keperawatan pada satu pasien dewasa dengan penurunan kesadaran dan diagnosis keperawatan defisit perawatan diri. Intervensi *oral hygiene* dilakukan dua kali sehari selama tiga hari sesuai standar operasional prosedur. Pengumpulan data dilakukan melalui observasi kondisi rongga mulut, pemeriksaan fisik, dan dokumentasi keperawatan. Hasil: Hari pertama ditemukan kebersihan mulut kurang dengan sekret banyak, mukosa kering, plak dan bau mulut. Hari kedua kondisi mulut meningkat menjadi cukup bersih dengan sekret berkurang dan mukosa lembap. Hari ketiga kebersihan rongga mulut menjadi bersih, sekret berkurang, tanpa plak dan bau mulut, serta kondisi gusi normal. Kesimpulan: *Oral hygiene* yang dilakukan secara teratur efektif mempertahankan kebersihan rongga mulut dan berperan dalam pencegahan *ventilator associated pneumonia* pada pasien ventilator mekanik. Saran: *Oral hygiene* direkomendasikan untuk diterapkan secara konsisten oleh perawat ICU sebagai bagian dari perawatan standar pasien dengan ventilator mekanik guna mencegah risiko VAP.

Kata Kunci : *Oral hygiene; Ventilator Associated Pneumonia (VAP); ICU.*

*Peneliti

**Pembimbing

ABSTRACT

OVERVIEW OF ORAL HYGIENE MANAGEMENT FOR 3 DAYS IN THE PREVENTION OF VENTILATOR-ASSOCIATED PNEUMONIA (VAP) IN THE ICU OF BHAYANGKARA BONDOWOSO HOSPITAL

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Abstract

Introduction: Patients with decreased levels of consciousness who are supported by mechanical ventilation have a high risk of developing ventilator-associated pneumonia (VAP), one of which is caused by the accumulation of oral secretions and bacterial colonization in the oral cavity. Although Bhayangkara Bondowoso Hospital has established standard operating procedures (SOPs) for oral hygiene, their implementation in the ICU is often situational due to limited nursing staff, patient conditions, and workload. Objective: To describe consistent oral hygiene management performed for three days in patients receiving mechanical ventilation as an effort to prevent ventilator-associated pneumonia (VAP) in the ICU of Bhayangkara Bondowoso Hospital. Methods: This study employed a case study design using the nursing care process approach in one adult patient with decreased consciousness and a nursing diagnosis of self-care deficit. Oral hygiene interventions were performed twice daily for three consecutive days in accordance with the hospital's SOP. Data were collected through observation of oral cavity conditions, physical examination, and nursing documentation. Results: On the first day, oral hygiene was poor, characterized by abundant secretions, dry oral mucosa, plaque, and halitosis. On the second day, oral conditions improved, with reduced secretions and moist mucosa. By the third day, the oral cavity was clean, secretions were reduced, no plaque or halitosis was observed, and the gingival condition was normal. Conclusion: Regular oral hygiene performed consistently is effective in maintaining oral cleanliness and plays an important role in preventing ventilator-associated pneumonia in mechanically ventilated patients.

Keywords: Oral hygiene; Ventilator-Associated Pneumonia (VAP); ICU.

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