

**THE EFFECTIVENESS OF PEPPERMINT AROMATHERAPY INHALATION
IN NURSING CARE FOR INEFFECTIVE AIRWAY CLEARANCE IN PULMONARY TUBERCULOSIS
PATIENTS AT DRAJAT PRAWIRANEGARA HOSPITAL, BANTEN, INDONESIA: CASE STUDY**

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Abstract

Background: Tuberculosis is the disease with the 13th highest mortality rate in the world and the second largest after Covid-19. Pulmonary Tuberculosis is the highest cause of death due to tuberculosis bacterial infection. **Objective:** This study aims to determine the effectiveness of Peppermint Aromatherapy Inhalation on nursing care for ineffective airway clearance in Pulmonary Tuberculosis patients at Drajat Prawiranegara Hospital. **Methods:** The research method used is qualitative research with a research design that is a case study through a Nursing Care Approach which includes nursing assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation. The subjects of this study were two patients with pulmonary tuberculosis who experienced the problem of ineffective airway clearance at RSUD Dokter Drajat Prawiranegara, Serang City, Banten, Indonesia. **Results:** The application of *peppermint aromatherapy inhalation* which was carried out three times a day for three consecutive days was found that the patient could expel phlegm and decreased respiratory frequency. **Conclusion:** The results of this study found that the application of *peppermint aromatherapy inhalation* can reduce the problem of airway clearance ineffectiveness which includes coughing up phlegm and shortness of breath in patients with pulmonary tuberculosis.

Keywords: Peppermint Aromatherapy, Ineffective Airway Clearance, Pulmonary TB.

Introduction

The World Health Organization (2022) states that tuberculosis is the disease with the highest mortality rate based on data for as long as the world's population has been infected with tuberculosis germs. Tuberculosis (TB) is an infectious disease that causes the 13th largest death in the world and the second largest after Covid-19. Pulmonary Tuberculosis is the highest cause of death in the world due to tuberculosis. Silitonga et al., (2020) stated that

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