

## ABSTRAK

**Christian Isaac Nathaniel, Samuel Christevan Abednego, NC Ver-02 Alat Terapi Alternatif Mengatasi Gangguan Pernafasan Saat Pandemi Covid-19.**

**Kata Kunci :** Alat Terapi, Multi fungsi , Sesak Nafas

Meningkatnya jumlah penderita Covid-19 menyebabkan banyak pasien tidak tertampung di rumah sakit. Banyak pasien terpaksa isolasi mandiri dirumah sambil menderita diare, demam, flu, batuk, sesak nafas yang tidak mendapatkan bantuan pernafasan O<sub>2</sub>, karena baik gas O<sub>2</sub> maupun tabung-tabung O<sub>2</sub> menjadi sangat mahal dan hilang di pasaran atau langka saat itu. Juga alat bantu nebulizer masih mahal dan kurang begitu familiar bagi penderita, mereka dirawat di rumah menggunakan tambahan obat-obat herbal / tradisional pelega pernafasan yang cukup menolong, dengan hanya menghirup minyak kayu putih ataupun minyak eucalyptus yang dioleskan di masker atau bawah hidung.

Maka kami buat alat terapi multifungsi yang sederhana dan murah untuk pertolongan pertama membantu pernafasan pada penderita sesak dan lemas kekurangan udara dengan yang menyuplai udara secara kontinyu dan sekaligus bisa dikombinasikan dengan metode *nebul* untuk menguapkan obat-obat herbal (Obat tradisional) atau obat hirup pelega pernafasan lainnya. Alat ini juga bisa membantu beberapa keluhan pernafasan dan kejadian seperti lemas, pingsan, setelah berolahraga berat, maupun pertolongan emergency sesak nafas karena penyakit asma, flu berat atau adanya banyak lendir di saluran pernafasan.

**Christian Isaac Nathaniel, Samuel Christevan Abednego, NC Ver-02 Alternative Therapeutic Devices for Overcoming Respiratory Disorders During the Covid-19 Pandemic.**

**Keywords: Therapy Device, Multi-function, Shortness of Breath**

The increasing number of Covid-19 sufferers has caused many patients not to be accommodated in hospitals. Many patients were forced to self-isolate at home while suffering from diarrhea, fever, flu, cough, shortness of breath who did not receive O<sub>2</sub> breathing assistance, because both O<sub>2</sub> gas and O<sub>2</sub> cylinders became very expensive and lost in the market or were scarce at that time. Also nebulizer aids are still expensive and not very familiar to sufferers, they are treated at home using additional herbal / traditional respiratory lozenges which are quite helpful, by simply inhaling eucalyptus oil which is rubbed on the mask or under the nose.

Then we made a simple and inexpensive multifunctional therapy device for first aid to help breathing in people with shortness of breath and lack of air by supplying air continuously and at the same time it can be combined with the nebula method to vaporize herbal medicines (traditional medicines) or inhaled breath relievers. other. This tool can also help some respiratory complaints and events such as weakness, fainting, after strenuous exercise, as well as emergency assistance for shortness of breath due to asthma, severe flu or the presence of a lot of mucus in the respiratory tract.