

SESAK NAFAS EKSTRA PARU

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Abstrak

Sesak napas merupakan sensasi kesukaran bernapas atau napas yang pendek, mekanisme sesak napas belum dapat diketahui dengan pasti. *American Thoracic Society* (ATS) 2012 mendefinisikan sesak napas sebagai pengalaman subjektif atas ketidaknyamanan dalam bernapas. Sesak napas dapat terjadi pada kondisi fisiologis dan patologis. Pemahaman mekanisme pengendalian pernapasan memerlukan pengetahuan tentang beberapa hal dasar berikut yaitu fungsi komponen utama pernapasan di medula, pengaruh pusat pernapasan pons, sistem pengawas utama yang mempengaruhi komponen pernapasan di medula dan refleks yang mempengaruhi pernapasan. Sesak napas merupakan interaksi berbagai sinyal yang berasal dari sejumlah reseptor di saluran napas atas, paru dan kemoreseptor yang dikirim ke pusat pernapasan di batang otak dan kortek motorik. Penyebab sesak napas dapat dibagi berdasarkan mekanismenya, kronisitas dan waktu, patofisiologi, anatomi dan kelainan. Sesak napas dapat disebabkan oleh intra paru dan ekstra paru. Sesak napas karena kelainan ekstra paru antara lain, latihan, berada di ketinggian, wanita hamil, kelainan jantung, gangguan ginjal, dan gangguan psikis.

Kata kunci : Sesak napas, pusat pernapasan.

EXTRAPULMONER DYSPNEU

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Abstract

Shortness of breath is the sensation of difficulty in breathing or shortness of breath, difficulty in breathing mechanism can not be known until now. American Thoracic Society (ATS) 2012 defines shortness of breath as a subjective inconvenience experience in breathing. Shortness of breath can occur in physiological and pathological conditions. Understanding the mechanism of respiratory control requires knowledge about a few basic things following are the main components of respiratory function in the medulla, pons influence the respiratory center, the main monitoring system that affects the respiratory component in the medulla and reflexes that affect breathing. Shortness of breath is the interaction of a variety of signals from a number of receptors in the upper respiratory tract, lungs, and chemoreceptors delivered to the respiratory center in the brainstem and motor cortex. The cause of shortness of breath can be divided based on the mechanism, chronicity and time, pathophysiology, anatomy and abnormalities. Shortness of breath can be caused by intrapulmonary and extrapulmonary. Shortness of breath due to extra-pulmonary disorders, among others, exercise, high altitude, pregnant women, heart defects, kidney disorders, and psychiatric disorders.

Keywords: Shortness of breath, respiratory center.