

THE EFFECT OF WARM STEAM THERAPY ON REDUCING RESPIRATORY RATE IN PATIENTS WITH SHORTNESS OF BREATH DUE TO RESPIRATORY TRACT INFECTION IN THE EMERGENCY DEPARTMENT OF HERMINA HOSPITAL BEKASI

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Warm Steam Therapy, Respiratory Rate Respiratory Tract Infection	<i>Respiratory tract infections are one of the most common health problems encountered in the Emergency Department and often present with the main complaint of shortness of breath accompanied by an increased respiratory rate. An increased respiratory rate in patients with respiratory tract infections occurs due to inflammation, accumulation of secretions, and impaired gas exchange, leading to respiratory discomfort. One non-pharmacological intervention that can be provided is warm steam therapy. To analyze the effect of warm steam therapy on reducing respiratory rate in patients experiencing shortness of breath due to respiratory tract infections in the Emergency Department of Hermina Hospital Bekasi. This study employed a quasi-experimental design with a pretest–posttest non-equivalent control group approach. The study subjects were patients with respiratory tract infections experiencing mild to moderate dyspnea. The patient's main complaint was shortness of breath accompanied by an increased respiratory rate. The evaluation results indicated that warm steam therapy had a positive effect on reducing respiratory rate, as evidenced by more regular breathing patterns and decreased shortness of breath. Warm steam therapy showed a significant effect in reducing respiratory rate in patients with shortness of breath due to respiratory tract infection and can be considered an effective non-pharmacological nursing intervention.</i> Keywords: Warm Steam Therapy; Respiratory Rate; Respiratory Tract Infection
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