

ASUHAN KEPERAWATAN PADA PASIEN *CONGESTIVE HEART FAILURE (CHF)* DENGAN PENERAPAN *DEEP BREATHING EXERCISE* UNTUK MENURUNKAN *DYSPNEA* DI RUANG ALAMANDA 1 RSUD SLEMAN

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INTISARI

Latar Belakang: Pasien *Congestive Heart Failure (CHF)* merupakan gangguan fungsi dan struktur jantung yang mengalami kegagalan untuk mendistribusikan oksigen ke seluruh tubuh. Gejala khas yang muncul yaitu sesak nafas saat istirahat atau aktivitas akibat penurunan kontraktilitas jantung yang menyebabkan curah jantung menurun. Terapi non farmakologi yang dapat diberikan pada pasien CHF adalah *deep breathing exercise* untuk meningkatkan kemampuan otot pernafasan dalam meningkatkan fungsi ventilasi dan memperbaiki oksigenasi.

Tujuan: Untuk menganalisis penerapan *Deep Breathing Exercise* untuk menurunkan *dyspnea* di Ruang Alamanda 1 RSUD Sleman.

Laporan Kasus: Keluhan utama Tn. A adalah sesak napas setelah melakukan aktivitas dan istirahat dengan skor skala *borg* yaitu 5 (*moderate*). Setelah diberikan *deep breathing exercise* selama tiga hari menunjukkan skor skala *borg* yaitu 3 (*light*).

Hasil: Evaluasi menunjukkan bahwa terdapat penurunan *dyspnea* setelah diberikan *deep breathing exercise* ditandai dengan klien merasa lebih rileks dan sesak berkurang.

Simpulan: Penerapan *deep breathing exercise* menunjukkan perubahan pada tingkat *dyspnea* pasien, tetapi untuk pemberian terapi akan lebih maksimal jika pasien tidak mengalami komplikasi.

Kata Kunci: *Congestive Heart Failure (CHF)*, *Dyspnea*, *Deep Breathing Exercise*

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NURSING CARE IN PATIENTS OF CONGESTIVE HEART FAILURE (CHF) USING DEEP BREATHING EXERCISES TO REDUCE DYSPNEA IN ALAMANDA 1 ROOM RSUD SLEMAN

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ABSTRACT

Background: Congestive Heart Failure (CHF) patients have impaired function and structure of the heart, which has failed to distribute oxygen throughout the body. Typical symptoms that appear are shortness of breath at rest or activity due to decreased cardiac contractility, which causes decreased cardiac output. Non-pharmacological therapy that can be given to CHF patients is deep breathing exercises to increase the ability of the respiratory muscles to increase ventilation function and improve oxygenation.

Objective: This study aims to analyze the implementation of Deep Breathing Exercises to reduce dyspnea in Alamanda 1 Room RSUD (Regional Public Hospital) Sleman.

Case Report: Mr. A's main complaint is shortness of breath after doing activities and resting, with a Borg scale score of 5 (moderate). After being given deep breathing exercises for three days, it shows a Borg scale score of 3 (light).

Results: The evaluation showed decreased dyspnea after being given deep breathing exercises, marked by the client feeling more relaxed and having less shortness of breath.

Conclusion: The application of deep breathing exercises shows a change in the patient's dyspnea level, but the therapy administration will be maximized if the patient does not experience complications.

Keywords: Congestive Heart Failure (CHF), Dyspnea, Deep Breathing Exercise

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