

Analisis Asuhan Keperawatan Medikal Bedah pada Klien Acute Decompensated Heart Failure di Rumah Sakit Universitas Indonesia = Analysis of Surgical Medical Nursing Care for Clients with Acute Decompensated Heart Failure at the University of Indonesia Hospital

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Abstrak

Acute decompensated heart failure (ADHF) mengacu pada timbulnya gejala dan/atau tanda-tanda gagal jantung yang cepat atau bertahap. Dispnea saat aktivitas adalah salah satu gejala dominan pada klien dengan gagal jantung yang menyebabkan penurunan kualitas hidup klien dengan mengurangi kemandirian/kemampuan untuk melakukan aktivitas sehari-hari. Tujuan penulisan ini yaitu memaparkan hasil analisis asuhan keperawatan dengan menggunakan penerapan pursed lip breathing dan posisi semi-fowler untuk mengurangi keluhan sesak, menurunkan laju pernapasan, dan meningkatkan saturasi oksigen pada klien dengan ADHF sehingga kemandirian dalam melakukan aktivitas dapat meningkat. Evaluasi dilakukan menggunakan pulse oximetry, perhitungan laju pernapasan selama satu menit, serta perasaan subjektif pada keluhan sesak yang dirasakan klien. Hasilnya, terdapat penurunan laju pernapasan, penurunan keluhan sesak dan peningkatan saturasi oksigen setelah latihan pursed lip breathing dan posisi semi-fowler diimplementasikan. Kesimpulannya, latihan pursed lip breathing dengan posisi semi-fowler terbukti efektif menurunkan laju pernapasan, meningkatkan saturasi oksigen, dan meredakan keluhan sesak napas pada klien dengan ADHF.

.....Acute decompensated heart failure (ADHF) refers to the rapid or gradual onset of symptoms and/or signs of heart failure. Dispnea on exertion is one of the dominant symptoms in patients with heart failure which causes a decrease in the patient's quality of life by reducing independence/ability to perform daily activities. The purpose of this paper is to describe the results of the analysis of nursing care using the application of pursed lip breathing and semi-Fowler's position to reduce complaints of shortness of breath, decrease respiratory rate, and increase oxygen saturation in clients with ADHF so that independence in carrying out activities can increase. Evaluation was carried out using pulse oximetry, calculating the respiratory rate for one minute, as well as subjective feelings of shortness of breath felt by the client. As a result, there is a decrease in respiratory rate, a decrease in complaints of shortness of breath and an increase in oxygen saturation after the pursed lip breathing and semi-Fowler position exercises are implemented. In conclusion, the pursed lip breathing exercise in the semi-Fowler position has been shown to be effective in reducing respiratory rate, increasing oxygen saturation, and relieving shortness of breath in clients with ADHF.