

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA PASIEN KANKER PARU DENGAN
PENERAPAN *HAND HELD FAN THERAPY* UNTUK MENGURANGI
SESAK NAPAS DI RSUP DR. M. DJAMIL PADANG**

Peminatan Keperawatan Medikal Bedah



NURUL QAMARIA, S.Kep
NIM. 2441312145

Dosen Pembimbing

Esi Afriyanti, S.Kp., M.Kes

Ns. Feri Fernandes, S.Kep., M.Kep., Sp.Kep.J

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS**

2025

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
KARYA ILMIAH AKHIR
JULI, 2025**

**Nama : Nurul Qamaria, S.Kep
Nim : 2441312145**

**Asuhan Keperawatan Pada Pasien Kanker Paru dengan Penerapan
Hand Held Fan Therapy untuk Mengurangi Sesak Napas
di RSUP Dr. M. Djamil Padang**

ABSTRAK

Kanker paru menjadi jenis kanker terbanyak pada urutan kelima pada perempuan. Kanker paru menimbulkan berbagai gejala klinis salah satunya sesak napas yang dapat mengancam nyawa. Penanganan sesak napas umumnya bersifat kolaboratif, seperti pemberian oksigen dan bronkodilator, namun belum banyak diterapkan intervensi keperawatan mandiri berbasis bukti. *Hand held fan therapy* merupakan intervensi non farmakologis berupa terapi kipas genggam yang diarahkan ke wajah. Tujuan penelitian ini adalah mendeskripsikan asuhan keperawatan pada pasien kanker paru untuk mengurangi sesak napas dengan penerapan *hand held fan therapy*. Setelah dilakukan pengkajian ditemukan masalah keperawatan pada Ny.D dengan kanker paru yaitu pola napas tidak efektif, ketidakstabilan kadar glukosa darah, intoleransi aktivitas, gangguan pola tidur dan risiko infeksi. Intervensi dan implementasi untuk masalah keperawatan Ny.D yaitu manajemen jalan napas, manajemen hiperkligemia, manajemen energi, dukungan tidur dan pemberian obat. Penelitian dengan pendekatan studi kasus ini menerapkan *hand held fan therapy* untuk intervensi mandiri dengan dikolaborasikan dengan intervensi manajemen jalan napas selama 3 hari dengan durasi 5 menit setiap kali pemberian terapi. Hasil evaluasi akhir didapatkan sesak menurun, RR menjadi 20x/menit, SpO2 99%, skala MBS menjadi 1 (sesak ringan), masalah pola napas tidak efektif, intoleransi aktivitas, ketidakstabilan kadar glukosa darah, gangguan pola tidur dan risiko infeksi teratasi serta intervensi dilanjutkan. Kesimpulannya bahwa *hand held fan therapy* dapat mengurangi sesak napas Ny.D dengan kanker paru, sehingga disarankan pada perawat untuk menerapkan *hand held fan therapy* sebagai intervensi mandiri untuk mengatasi sesak napas pada pasien kanker paru

Kata kunci : *Hand Held Fan Therapy*, Kanker Paru, Sesak Napas
Referensi : 39 (2020 – 2025)

**FACULTY OF NURSING
ANDALAS UNIVERSITY
FINAL SCIENTIFIC REPORT
JULY, 2025**

**Name : Nurul Qamaria, S.Kep
NIM : 2441312145**

***Nursing Care for Patients Lung Cancer with Implementation
Hand Held Fan Therapy for Reduce Dyspnea
at Dr. M. Djamil Padang General Hospital***

ABSTRACT

Cancer lungs become type cancer on fifth place most on woman. Cancer lungs cause various symptom clinical Wrong the only one congested breath that can threaten life. Handling congested breath generally nature collaborative, such as giving oxygen and bronchodilators, however not yet lots implemented intervention nursing independent based proof. Hand held fan therapy is nonpharmacological interventions in the form of therapy fan directed hand to face. Purpose study This is describe care nursing on patient cancer lungs for reduce congested breath with implementation hand held fan therapy. After done assessment found problem nursing on Mrs. D with cancer lungs that is pattern breath no effective, instability level glucose blood, intolerance activity, disturbance pattern Sleep and risk of infection. Interventions and implementation for Mrs. D's nursing problems include airway management, hyperglycemia management, energy management, sleep support, and medication administration with approach studies case this apply hand held fan therapy for independent intervention in collaboration with airway management intervention for 3 days with 5 minutes duration every time it is given therapy. Results final evaluation shortness of breath decreased, RR became 20x/minute, SpO₂ 99%, MBS scale became 1 (congested mild), ineffective breathing patterns, activity intolerance, unstable blood glucose levels, sleep disturbances, and risk of infection were resolved and intervention was continued. In conclusion, that hand-held fan therapy can reduce congested breath Mrs. D with cancer lungs, so that recommended on nurse for apply hand-held fan therapy as intervention independent for overcome congested breath on patient cancer lungs.

Keywords : Hand Held Fan Therapy, Lung Cancer, Shortness of Breath
References : 39 (2020 – 2025)