

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA TN. S DENGAN *CONGESTIVE HEART FAILURE* DAN PENERAPAN TERAPI *HAND HELD FAN* DALAM
MENURUNKAN DISPNEA DI RUANG CARDIOVASCULAR
CARE UNIT RSUP DR. M. DJAMIL PADANG**

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**Asuhan Keperawatan Pada Tn. S dengan *Congestive Heart Failure* dan
Penerapan Terapi *Hand Held Fan* dalam Menurunkan Dispnea di
Cardiovascular Care Unit RSUP Dr. M. Djamil Padang**

ABSTRAK

Congestive Heart Failure menyebabkan penurunan kemampuan otot jantung memompa darah kaya oksigen secara optimal ke seluruh tubuh yang sering menimbulkan sesak napas (dispnea) saat melakukan aktivitas ringan. Penatalaksanaan dispnea saat beraktivitas dapat dapat dikelola dengan pemberian terapi *hand held fan*. Terapi ini memberikan efek dingin pada wajah dan merangsang reseptor di mulut serta hidung yang memodulasi persepsi dispnea. Tujuan penelitian adalah untuk memaparkan asuhan keperawatan pada pasien CHF dan penerapan terapi *hand held fan* dalam menurunkan dispnea di ruang ICVCU RSUP Dr. M. Djamil Padang yang dilaksanakan pada tanggal 26-28 Maret 2025. Metode penulisan adalah studi kasus pada pasien CHF. Prosedur yang dilakukan adalah pengkajian, penetapan masalah keperawatan, pembuatan intervensi, melakukan implementasi, dan mengevaluasi tindakan. Masalah keperawatan yang ditemukan yaitu risiko penurunan curah jantung, ketidakstabilan kadar glukosa darah, dan intoleransi aktivitas. Intervensi manajemen alat pacu jantung permanen, manajemen hiperglikemia, dan manajemen energi. Terapi *hand held fan* dilakukan ketika pasien merasa sesak setelah beraktivitas dengan durasi 5 menit, pada penelitian ini pengukuran sesak dilakukan sebelum dan setelah pemberian terapi selama 3 hari. Hasil dari implementasi setelah terapi *hand held fan* menunjukkan skala sesak saat beraktivitas menurun dari skala 4 menjadi skala 1, frekuensi pernafasan membaik dari 27x/menit menjadi 18x/menit, dan saturasi oksigen meningkat dari 92% menjadi 100%. Ini membuktikan bahwa terapi *hand held fan* berpengaruh dalam menurunkan dispnea saat beraktivitas ringan. Disarankan untuk membuat standar operasional prosedur (SOP) terapi *hand held fan* sebagai salah satu alternatif intervensi dalam memperbaiki kondisi dispnea saat beraktivitas ringan pasien di ruang ICVCU.

Kata Kunci : *Congestive Heart Failure*, Dispnea, *Hand held fan*
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Nursing Care for Mr. S with Congestive Heart Failure and the Application of Hand-Held Fan Therapy to Reduce Dyspnea in the Cardiovascular Care Unit of Dr. M. Djamil Central General Hospital, Padang

ABSTRACT

Congestive Heart Failure causes a decrease in the heart muscle's ability to pump oxygen-rich blood optimally throughout the body, which often causes shortness of breath (dyspnea) during light activity. Management of dyspnea during activity can be done by administering hand fan therapy. This therapy provides a cooling effect on the face and stimulates receptors in the mouth and nose that modulate the perception of dyspnea. The purpose of this study was to describe nursing care for CHF patients and the application of hand fan therapy in reducing dyspnea in the ICVCU room of Dr. M. Djamil Padang Hospital which was carried out on March 26-28, 2025. The writing method used is a case study in CHF patients. The procedures carried out are assessment, determining nursing problems, carrying out interventions, implementing, and evaluating actions. The nursing problems found were the risk of decreased cardiac output, unstable blood glucose levels, and activity intolerance. The interventions carried out were permanent pacemaker installation management, hyperglycemia management, and energy management. Hand fan therapy was carried out when the patient felt short of breath after activity with a duration of 5 minutes, in this study, shortness of breath was measured before and after therapy for 3 days. The results of the implementation after hand fan therapy were obtained, the scale of shortness of breath during activity decreased from scale 4 to scale 1, the respiratory rate improved from 27x/minute to 18x/minute, and oxygen saturation increased from 92% to 100%. This proves that hand fan therapy has an effect on reducing dyspnea during light activity. It is recommended to create a standard operating procedure (SOP) for hand fan therapy as an alternative intervention in improving the condition of dyspnea during light activity of patients in the ICVCU room.

Keywords: Congestive Heart Failure, Dyspnea, Hand-held fan

References: 44 (2017–2025)