

KARYA ILMIAH AKHIR

ASUHAN KEPERAWATAN PADA PASIEN *CONGESTIVE HEART FAILURE* DAN PENERAPAN *HANDHELD FAN THERAPY* UNTUK MENGURANGI *DYSPNEA* DI RUANGAN ICVCU RSUP DR.M.DJAMIL PADANG

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**Asuhan Keperawatan Pada Pasien *Congestive Heart Failure* dan Penerapan
Hand Held Fan Therapy untuk Mengurangi *Dyspnea* di
Ruangan ICVCU RSUP Dr. M. Djamil Padang**

ABSTRAK

Congestive Heart Failure menimbulkan manifestasi *dyspnea* yang tingkat keparahannya dapat meningkat dan memperburuk kondisi klinis pasien. Penatalaksanaan medis menggunakan terapi oksigen sering kali belum optimal dan keluhan sesak masih dirasakan. *Handheld fan therapy* dapat menurunkan tingkat *dyspnea* sekaligus meimbulkan efek menenangkan dan meningkatkan rasa nyaman melalui mekanisme memberikan sensasi udara dingin pada area wajah yang merangsang reseptor di mulut dan hidung. Tujuan penelitian adalah untuk memaparkan asuhan keperawatan pada pasien CHF dan penerapan *handheld fan therapy* dalam mengurangi *dyspnea* di ruang ICVCU RSUP Dr. M. Djamil Padang yang dilaksanakan pada tanggal 17-19 Oktober 2025. Metode penulisan adalah studi kasus. Prosedur yang dilakukan adalah pengkajian, penetapan masalah keperawatan, pembuatan intervensi, melakukan implementasi, dan mengevaluasi tindakan. Masalah keperawatan yang ditemukan yaitu gangguan pertukaran gas, penurunan curah jantung, kelelahan, dan gangguan integritas kulit/jaringan. Intervensi yang diberikan adalah terapi oksigen, perawatan jantung, manajemen energi, dan perawatan integritas kulit. *Handheld fan therapy* dilakukan ketika pasien merasa sesak dengan durasi 5 menit, pada penelitian ini pengukuran sesak dilakukan sebelum dan setelah pemberian terapi selama 3 hari. Tingkat *dyspnea* diukur menggunakan *Modified Borg Dyspnea Scale*. Hasil dari implementasi setelah *handheld fan therapy* menunjukkan adanya penurunan tingkat *dyspnea* dari skala 6 menjadi skala 3, perbaikan frekuensi napas dari 28x/menit menjadi 23x/menit, dan saturasi oksigen meningkat dari 94% menjadi 98%. Ini membuktikan bahwa *handheld fan therapy* berpengaruh dalam mengurangi tingkat *dyspnea*. Diharapkan perawat di ruang ICVCU dapat menerapkan *handheld fan therapy* sebagai intervensi nonfarmakologis pendamping dalam penatalaksanaan *dyspnea* pada pasien CHF.

**Kata Kunci : *Congestive Heart Failure, Dyspnea, Hand held fan therapy*
Daftar Pustaka : 36 (2017-2025)**

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***Nursing Care for Patients with Congestive Heart Failure and the Application of
Hand Held Fan Therapy to Reduce Dyspnea in the ICVCU Room of
Dr. M. Djamil Padang General Hospital***

ABSTRACT

Congestive heart failure causes dyspnea, the severity of which can increase and worsen the patient's clinical condition. Medical management using oxygen therapy is often not optimal, and patients still experience shortness of breath. Handheld fan therapy can reduce the level of dyspnea while also having a calming effect and increasing comfort through the mechanism of providing a sensation of cool air to the face, which stimulates receptors in the mouth and nose. The purpose of this study was to describe nursing care for CHF patients and the application of handheld fan therapy in reducing dyspnea in the ICVCU room of Dr. M. Djamil Padang General Hospital, which was conducted on October 17-19, 2025. The writing method used was a case study. The procedures carried out were assessment, identification of nursing problems, intervention development, implementation, and evaluation of actions. The nursing problems identified were gas exchange disorders, decreased cardiac output, fatigue, and skin/tissue integrity disorders. The interventions provided were oxygen therapy, cardiac care, energy management, and skin integrity care. Handheld fan therapy was administered when the patient felt short of breath for 5 minutes. In this study, shortness of breath was measured before and after therapy for 3 days. The level of dyspnea was measured using the Modified Borg Dyspnea Scale. The results of the implementation of handheld fan therapy showed a decrease in dyspnea levels from a scale of 6 to a scale of 3, an improvement in respiratory rate from 28 breaths per minute to 23 breaths per minute, and an increase in oxygen saturation from 94% to 98%. This proves that handheld fan therapy is effective in reducing dyspnea levels. It is hoped that nurses in the ICVCU can apply handheld fan therapy as a non-pharmacological intervention to accompany the management of dyspnea in CHF patients.

***Keywords: Congestive Heart Failure, Dyspnea, Hand-held fan therapy
References: 36 (2017-2025)***