

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA PASIEN *ACUTE DECOMPENSATED HEART FAILURE* DENGAN INTERVENSI TERAPI *BREATHING EXERCISE* DAN *PURSED LIP BREATHING* DI RUANG IGD RUMAH SAKIT BHAYANGKARA SARTIKA ASIH

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Acute Decompensated Heart Failure (ADHF) merupakan kondisi gawat darurat dengan gejala utama dispnea, orthopnea, takipnea, hingga edema, yang membutuhkan penanganan cepat di Instalasi Gawat Darurat (IGD). Penanganan awal di IGD berupa pemberian oksigenasi, posisi, serta pemberian terapi. Penelitian ini bertujuan untuk mengevaluasi efektivitas kombinasi terapi *Pursed Lip Breathing* dan *Breathing Exercise* terhadap penurunan frekuensi napas dan peningkatan saturasi oksigen. Penelitian ini menggunakan metode studi kasus tunggal dengan pendekatan wawancara dan observasi. Hasil menunjukkan bahwa pemberian kombinasi terapi PLB dan BE selama 5 menit dengan pemantauan selama 2 jam memberikan hasil yang signifikan, yaitu penurunan frekuensi napas dari 32 kali/menit menjadi 22 kali/menit, serta peningkatan saturasi oksigen hingga 99%. BE berperan meningkatkan volume inspirasi dan efektivitas ventilasi paru, sedangkan PLB memperpanjang ekspirasi dan menciptakan tekanan positif pada akhir napas. Kombinasi keduanya saling melengkapi dalam mengurangi sesak dan memperbaiki oksigenasi. Dapat disimpulkan bahwa kombinasi intervensi BE dan PLB efektif, praktis, serta aplikatif untuk digunakan di IGD, sekaligus mendukung peran perawat dalam memberikan asuhan keperawatan komprehensif pada pasien ADHF dengan gangguan oksigenasi.

Kata Kunci : *Acute Decompensated Heart Failure, Breathing Exercise, Pursed Lip Breathing*

ABSTRACT

ANALYSIS OF NURSING CARE IN PATIENTS WITH ACUTE DECOMPENSATED HEART FAILURE THROUGH BREATHING EXERCISE AND PURSED LIP BREATHING INTERVENTIONS IN THE EMERGENCY ROOM OF BHAYANGKARA SARTIKA ASIH HOSPITAL

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Acute Decompensated Heart Failure (ADHF) is an emergency condition characterized by major symptoms such as dyspnea, orthopnea, tachypnea, and edema, which requires prompt management in the Emergency Department (ED). Initial management in the ED includes oxygen administration, positioning, and pharmacological therapy. This study aimed to evaluate the effectiveness of combining Pursed Lip Breathing (PLB) and Breathing Exercise (BE) in reducing respiratory rate and improving oxygen saturation in patients with ADHF. This study used a single case study method with interview and observation approaches. The combined intervention of BE and PLB was performed for 5 minutes with monitoring over 2 hours. The results showed a decrease in respiratory rate from 32 breaths/minute to 22 breaths/minute, along with an increase in oxygen saturation up to 99%. BE contributed to increasing inspiratory volume and pulmonary ventilation effectiveness, while PLB prolonged expiration and created positive end-expiratory pressure. The combination of both techniques complemented each other in reducing dyspnea and improving oxygenation. It can be concluded that the combination of BE and PLB interventions is effective, practical, and applicable for use in the ED, while also supporting the role of nurses in providing comprehensive nursing care for ADHF patients with oxygenation problems.

Keywords: Acute Decompensated Heart Failure, Breathing Exercise, Pursed Lip Breathing