ASUHAN KEPERAWATAN PADA PASIEN CONGESTIVE HEART FAILURE (CHF) DENGAN PENURUNAN CURAH JANTUNG DI RUANG CEMPAKA RSUD MAJALAYA

AJENG CHYNTIA DWI PUSPA

231FK01018

ABSTRAK

Gagal jantung kongestif atau Congestive Heart Failure (CHF) terjadi saat organ jantung gagal memompa pasokan darah secara optimal untuk memenuhi kebutuhan metabolik, yang memicu penurunan cardiac output serta penumpukan cairan. Implikasi dari kondisi ini mencakup sesak napas, pembengkakan (edema), keterbatasan aktivitas, hingga penurunan aliran darah ke jaringan yang memperburuk kualitas hidup penderitanya. Studi ini dilakukan guna mengeksplorasi pelaksanaan asuhan keperawatan bagi penderita CHF yang mengalami masalah penurunan curah jantung di Ruang Cempaka RSUD Majalaya. Rancangan penelitian mengaplikasikan metode studi kasus deskriptif pada dua subjek penderita CHF. Proses pengumpulan data mencakup wawancara, pengamatan langsung, pemeriksaan fisik, serta penelusuran dokumen medis. Proses keperawatan disusun secara sistematis mulai dari pengkajian, penentuan diagnosis, perencanaan, tindakan, hingga tahap evaluasi mengacu pada standar SDKI, SIKI, dan SLKI.Temuan di lapangan mengonfirmasi bahwa kedua subjek mengeluhkan sesak napas, pembengkakan di area perifer, rasa lelah berlebih, serta penurunan toleransi fisik, dengan diagnosis dominan berupa penurunan curah jantung. Langkah intervensi yang diterapkan meliputi pemantauan status hemodinamik dan pola napas, pemberian posisi semi-Fowler, suplementasi oksigen, pembatasan asupan cairan, pemberian edukasi, serta kolaborasi medis untuk terapi obat. Hasil evaluasi mencatatkan kemajuan klinis berupa berkurangnya sesak, meningkatnya kemampuan beraktivitas, serta kondisi tanda vital yang lebih stabil. Hal ini membuktikan bahwa pendekatan keperawatan secara menyeluruh efektif dalam mengoptimalkan status hemodinamik sekaligus memberikan kenyamanan bagi pasien CHF dengan kendala curah jantung.

Kata Kunci: Asuhan keperawatan, Gagal jantung kongestif, Posisi semi-Fowler

NURSING CARE FOR PATIENTS WITH CONGESTIVE HEART FAILURE (CHF) WITH REDUCED HEART OUTPUT IN THE CEMPAKA WARD OF MAJALAYA GENERAL HOSPITAL

AJENG CHYNTIA DWI PUSPA

231FK01018

ABSTRACT

Congestive Heart Failure (CHF) occurs when the heart fails to pump an adequate blood supply to meet metabolic demands, leading to reduced cardiac output and fluid accumulation. Consequences of this condition include shortness of breath, swelling (edema), activity limitations, and reduced tissue perfusion, all of which impair the patient's quality of life. This study aimed to explore the implementation of nursing care for CHF patients experiencing decreased cardiac output in the Cempaka Ward of Majalaya Regional General Hospital (RSUD). The study employed a descriptive case study design involving two subjects diagnosed with CHF. Data collection methods included interviews, direct observation, physical examinations, and a review of medical records. The nursing process was systematically structured—encompassing assessment, diagnosis, planning, implementation, and evaluation—in accordance with SDKI, SIKI, and SLKI standards. Field findings confirmed that both subjects complained of shortness of breath, peripheral edema, excessive fatigue, and reduced physical tolerance, with the primary diagnosis being decreased cardiac output. Interventions implemented included monitoring hemodynamic status and breathing patterns, positioning patients in the semi-Fowler position, administering supplemental oxygen, restricting fluid intake, providing patient education, and collaborating on pharmacological therapy. Evaluation results showed clinical improvement, evidenced by reduced dyspnea, increased activity tolerance, and stabilized vital signs. These findings demonstrate that a comprehensive nursing approach is effective in optimizing hemodynamic status while providing comfort to CHF patients suffering from compromised cardiac output.

Keywords: Nursing care, Congestive heart failure, Semi-Fowler position