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

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ABSTRAK

Latar Belakang: *Congestive Heart Failure* (CHF) merupakan sindrom klinis yang terjadi akibat ketidakmampuan jantung memompa darah secara adekuat untuk memenuhi kebutuhan metabolisme tubuh. Kondisi ini menyebabkan penurunan curah jantung yang ditandai dengan sesak napas, mudah lelah, edema, intoleransi aktivitas, serta gangguan perfusi jaringan. Penurunan curah jantung merupakan salah satu masalah keperawatan utama pada pasien CHF yang memerlukan penanganan secara komprehensif untuk mencegah terjadinya komplikasi dan meningkatkan kualitas hidup pasien. **Tujuan:** penelitian ini adalah untuk menggambarkan pelaksanaan asuhan keperawatan pada pasien *Congestive Heart Failure* (CHF) dengan masalah keperawatan penurunan curah jantung.**Metode:** Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus pada dua pasien *Congestive Heart Failure* (CHF) yang dirawat di ruang rawat inap. Asuhan keperawatan dilakukan selama 3×24 jam melalui proses keperawatan yang meliputi pengkajian, penetapan diagnosis keperawatan, perencanaan, implementasi, dan evaluasi keperawatan.**Hasil:** Hasil penerapan asuhan keperawatan menunjukkan bahwa pada kedua pasien terjadi perbaikan kondisi setelah dilakukan intervensi keperawatan berupa identifikasi tanda dan gejala penurunan curah jantung, monitoring tekanan darah, intake dan output cairan, saturasi oksigen, pemeriksaan EKG, pemberian posisi semi-Fowler, anjuran aktivitas fisik secara bertahap, terapi oksigen, serta kolaborasi pemberian diuretik. Setelah dilakukan tindakan keperawatan selama 3×24 jam, keluhan lelah menurun, tekanan darah membaik, oliguria menurun, gambaran EKG aritmia menurun, ortopnea menurun, edema menurun, dispnea menurun, pengisian kapiler membaik, S : 36,5 ℃, SpO : >95%. **Diskusi:** Keberhasilan asuhan keperawatan dipengaruhi oleh kondisi klinis pasien, kepatuhan terhadap terapi, serta kolaborasi yang baik antara perawat, dokter, pasien, dan keluarga. Intervensi perawatan jantung yang berfokus pada pemantauan status kardiovaskular, keseimbangan cairan, dan pemberian terapi kolaboratif terbukti membantu meningkatkan curah jantung serta mengurangi gejala yang dialami pasien CHF.

Kata kunci: *Congestive Heart Failure*, Perawatan Jantung, Penurunan Curah Jantung.

NURSING CARE FOR *CONGESTIVE HEART FAILURE* (CHF) PATIENTS WITH NURSING PROBLEMS

DECREASED CARDIAC OUTPUT IN THE IMMEDIATORY ROOM CEMPAKA, MAJALAYA REGIONAL HOSPITAL

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ABSTRACT

Background: Congestive Heart Failure (CHF) is a clinical syndrome that occurs due to the heart's inability to pump blood adequately to meet the body's metabolic needs. This condition causes decreased cardiac output, characterized by shortness of breath, fatigue, edema, activity intolerance, and impaired tissue perfusion. Decreased cardiac output is a major nursing problem in CHF patients that requires comprehensive management to prevent complications and improve the patient's quality of life. **purpose :** of this study was to describe the implementation of nursing care in Congestive Heart Failure (CHF) patients with nursing problems of decreased cardiac output. **Method:** This study used a descriptive method with a case study approach in two Congestive Heart Failure (CHF) patients who were treated in the inpatient ward. Nursing care was carried out for 3 x 24 hours through a nursing process that includes assessment, determination of nursing diagnosis, planning, implementation, and evaluation of nursing. **Results:** The results of the implementation of nursing care showed that in both patients there was an improvement in condition after nursing interventions in the form of identifying signs and symptoms of decreased cardiac output, monitoring blood pressure, fluid intake and output, oxygen saturation, ECG examination, providing a semi-Fowler position, recommendations for gradual physical activity, oxygen therapy, and collaboration in administering diuretics. After nursing actions for 3 x 24 hours, complaints of shortness of breath decreased, oxygen saturation improved, fluid balance was more controlled, and the patient's hemodynamic condition showed improvement. **Discussion:** The success of nursing care is influenced by the patient's clinical condition, compliance with therapy, and good collaboration between nurses, doctors, patients, and families. Cardiac care interventions focused on monitoring cardiovascular status, fluid balance, and collaborative therapy have been shown to help increase cardiac output and reduce symptoms in patients with CHF.

Keywords: Congestive Heart Failure, Cardiac Care, Decreased Cardiac Output.