

**ASUHAN KEPERAWATAN PASIEN *CONGESTIVE HEART FAILURE*
(CHF) DENGAN MASALAH POLA NAFAS TIDAK EFEKTIF
MELALUI TERAPI *SLOW DEEP BREATHING* DI UOBK
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ABSTRAK

Latar Belakang: Pasien dengan *Congestive Heart Failure* (CHF) sering mengeluhkan sesak napas, napas cepat, dan sulit bernapas saat berbaring. Di ruang perawatan, kondisi ini sering menjadi keluhan utama yang mengganggu kenyamanan dan aktivitas pasien. Beberapa pasien tampak menggunakan otot bantu napas dan merasa lebih lega saat duduk. Fenomena ini menunjukkan perlunya penanganan keperawatan yang tepat, termasuk pendekatan nonfarmakologis seperti terapi *slow deep breathing*. **Tujuan:** Menerapkan terapi *slow deep breathing* dalam asuhan keperawatan untuk mengatasi masalah pola napas tidak efektif. **Metode:** Penelitian ini menggunakan desain deskriptif kualitatif dengan pendekatan studi kasus pada dua pasien dewasa di Ruang Agate Bawah. Data dikumpulkan melalui proses asuhan keperawatan yang mencakup pengkajian, diagnosa, intervensi, implementasi, dan evaluasi. **Hasil:** Kedua pasien menunjukkan perbaikan pada indikator SLKI, seperti frekuensi napas, saturasi oksigen, dan kenyamanan napas. Pasien mampu melakukan 6–8 siklus napas dalam secara mandiri. Perbaikan juga terlihat pada keluhan sesak, toleransi aktivitas, dan stabilitas tanda vital. **Kesimpulan:** Terapi *slow deep breathing* terbukti efektif dalam mengatasi pola napas tidak efektif pada pasien CHF. **Saran:** Perawat disarankan untuk menerapkan terapi *slow deep breathing* sebagai intervensi nonfarmakologis dalam asuhan keperawatan pasien dengan pola napas tidak efektif, guna meningkatkan efektivitas ventilasi paru dan kenyamanan bernapas.

Kata kunci: *Congestive Heart Failure*, Pola Napas Tidak Efektif, *Slow deep breathing*.
Daftar Pustaka: 11 Buku (2010–2023), 17 Jurnal, 6 Sumber Online.

***NURSING CARE FOR PATIENTS WITH CONGESTIVE HEART FAILURE
(CHF) EXPERIENCING INEFFECTIVE BREATHING PATTERN
THROUGH SLOW DEEP BREATHING THERAPY AT UOBK RSUD dr.
SLAMET GARUT IN 2025***

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ABSTRACT

Background: Patients with Congestive Heart Failure (CHF) often experience shortness of breath, rapid breathing, and difficulty breathing while lying down. In inpatient settings, these symptoms are frequently the main complaints, disrupting the patient's comfort and activity. Some patients are observed using accessory respiratory muscles and report relief when sitting upright. This phenomenon highlights the need for appropriate nursing care, including non-pharmacological approaches such as slow deep breathing therapy. **Objective:** To apply slow deep breathing therapy in nursing care to address the problem of ineffective breathing patterns. **Method:** This study used a descriptive qualitative design with a case study approach involving two adult patients in the Agate Bawah Ward. Data were collected through the nursing care process, which included assessment, diagnosis, intervention, implementation, and evaluation. **Results:** Both patients showed improvement in SLKI indicators, including respiratory rate, oxygen saturation, and breathing comfort. They were able to perform 6–8 cycles of deep breathing independently. Improvements were also observed in shortness of breath, activity tolerance, and vital signs stability. **Conclusion:** Slow deep breathing therapy was proven effective in managing ineffective breathing patterns in patients with CHF. **Recommendation:** Nurses are advised to implement slow deep breathing therapy as a non-pharmacological intervention in nursing care for patients with ineffective breathing patterns, in order to enhance pulmonary ventilation and breathing comfort.

Keywords: Congestive Heart Failure, Ineffective Breathing Pattern, Slow deep breathing.

References: 11 Books (2010–2023), 17 Journals, 6 Online Sources.