

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN DAN INTERVENSI FOOT ELEVATION PADA TN. H DENGAN DIAGNOSA MEDIS CONGESTIVE HEART FAILURE (CHF) DENGAN EDEMA EKSTREMITAS BAWAH DI RUANG ICU RUMAH SAKIT AL-ISLAM

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Congestive Heart Failure atau Gagal jantung Kongestif adalah suatu keadaan dimana jantung tidak mampu memompa darah ke seluruh tubuh, sehingga jantung hanya dapat memompa darah dalam waktu singkat, dan lemahnya dinding miokardium menyebabkan jantung tidak dapat memompa darah dengan baik. Salah satu upaya yang dapat dilakukan mandiri oleh perawat dalam mengurangi oedema, terutama Oedema di daerah ekstermitas bawah atau oedema perifer adalah dengan melakukan *Therapy Foot Elevation*. Tujuannya menganalisis Asuhan Keperawatan pada Tn. H dengan Diagnosa Medis *Congestive Heart Failure* (CHF) Yang Mengalami Edema Ekstremitas Bawah dan Intervensi *Foot Elevation*. Metode yang digunakan adalah studi kasus, dengan teknik pengumpulan data melalui wawancara, pemeriksaan fisik, dan pemberian asuhan keperawatan. Hasilnya setelah dilakukan asuhan keperawatan didapatkan, sebelum dilakukan tindakan terapi foot elevation 30° terdapat edema dengan Grade 3 (5mm), dan setelah diberikan terapi foot elevation 30° selama 3 hari dilakukan 2 kali sehari siang dan sore selama 3-5 menit terdapat penurunan derajat edema menjadi Grade 2 (3mm)

Kata Kunci : *Congestive Heart Failure* (CHF), Edema, *Foot Elevation*.

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ABSTRACT

ANALYSIS OF NURSING CARE AND INTERVENTION FOOT ELEVATION ON MR. H WITH DIAGNOSIS CONGESTIVE MEDICAL HEART FAILURE (CHF) WITH LOWER EXTREMITY EDEMA IN ROOM ICU AL-ISLAM HOSPITAL

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Congestive Heart Failure or Congestive Heart Failure is a condition where the heart is unable to pump blood throughout the body, so the heart can only pump blood for a short time, and the weakness of the myocardium wall causes the heart to be unable to pump blood properly. One effort that can be done independently by nurses in reducing edema, especially edema in the lower extremities or peripheral edema is by doing Foot Elevation Therapy. The aim is to analyze Nursing Care for Mr. H with a Medical Diagnosis of Congestive Heart Failure (CHF) Experiencing Lower Extremity Edema and Foot Elevation Intervention. The method used is a case study, with data collection techniques through interviews, physical examinations, and the provision of nursing care. The results after nursing care were obtained, before the 30° foot elevation therapy action there was edema with Grade 3 (5mm) with a return time of 20 seconds, and after being given 30° foot elevation therapy for 3 days carried out twice a day in the afternoon and evening for 3-5 minutes there was a decrease in the degree of edema to Grade 2 (3mm) with a return time of 12 seconds. This demonstrates a significant reduction in edema. Foot Elevation Therapy can be implemented in hospitals to improve the delivery of more effective and efficient nursing care.

Keywords : Congestive Heart Failure (CHF), Edema, Foot Elevation.

Reference : Book 4 (2017-2020)
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