

ABSTRAK

Latar Belakang: *Congestive Heart Failure* adalah ketidakmampuan jantung dalam memompa darah secara penuh yang akan disebarkan ke seluruh tubuh untuk memenuhi kebutuhan nutrisi dan oksigen sehingga penderita *congestive heart failure* akan mengalami sesak napas karena tubuh tidak dapat menerima suplai oksigen, akibatnya tubuh akan mengalami kelemahan dan kelelahan yang mengakibatkan terjadinya intoleransi aktivitas. **Metode:** metode deskriptif analitik dengan pendekatan studi kasus mengambil 2 orang pasien *congestive heart failure* dengan masalah keperawatan Intoleransi Aktivitas. **Hasil:** setelah dilakukan asuhan keperawatan selama 3 hari dengan melakukan intervensi keperawatan, masalah keperawatan intoleransi aktivitas pada kasus 1 sudah teratasi dan pada pasien 2 belum teratasi. **Diskusi :** pasien dengan intoleransi aktivitas tidak selalu memiliki respon yang sama saat dilakukan evaluasi hal ini dipengaruhi beberapa faktor diantaranya sesak yang dirasakan terus menerus ataupun penyakit bawaan lainnya yang sudah diderita sebelumnya yang memperberat keadaan. Peran perawat sangat diperlukan dalam melakukan asuhan keperawatan yang komprehensif.

Kata Kunci : Asuhan Keperawatan, *Congestive Heart Failure*, Intoleransi Aktivitas

ABSTRACT

Background: Congestive Heart Failure (CHF) or congestive heart failure is the inability of the heart to pump blood adequately which will be distributed throughout the body to meet the needs of nutrients and oxygen so that people with congestive heart failure will experience shortness of breath because the body cannot receive oxygen supply. In full, as a result, patients with congestive heart failure will experience weakness and fatigue which results in activity intolerance. **Method:** descriptive method by means of case studies taking 2 patients with Congestive Heart Failure (CHF) with the same nursing problem, namely Activity Intolerance. **Results:** after 3 days of nursing care by carrying out nursing interventions, the Activity Intolerance nursing problem in case 1 has been resolved and in patient 2 has not been resolved. **Discussion:** patients with activity intolerance nursing problems in CHF patients do not always have a response when evaluating this. It can be influenced by several factors, including the tightness that is felt continuously or other congenital diseases that have been suffered before which aggravate the situation. The role of the nurse is indispensable in carrying out comprehensive nursing care to treat nursing problems in each patient.

Keywords: Activity Intolerance, Congestive Heart Failure, Nursing Care.