

PENERAPAN PENGATURAN POSISI *SEMI FOWLER* DENGAN MASALAH
POLA NAFAS TIDAK EFEKTIF PADA PASIEN *CONGESTIVE HEART
FAILURE* DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang : *Congestive Heart Failure* (CHF) atau sering disebut gagal jantung diyakini sebagai suatu kondisi fisiologis dimana jantung tidak mampu memompa cukup darah untuk memenuhi kebutuhan metabolisme tubuh. Kejadian *Congestive Heart Failure* semakin meningkat dari hari ke hari. Di Daerah Istimewa Yogyakarta jumlah kasus gagal jantung kongestif masih termasuk dalam 10 besar penyakit, diantaranya adalah 4.132 pasien rawat inap dan 10.180 pasien rawat jalan. Tanda gejala penderita *Congestive Heart Failure* salah satunya sesak napas. Klien CHF dengan pola napas tidak efektif perlu diberikan posisi semi fowler.

Tujuan : Diketahui pengalaman nyata dalam melaksanakan penerapan posisi semi fowler pada pasien dengan pola napas tidak efektif.

Metode : Penelitian ini menggunakan desain studi kasus deskriptif. Subjek dalam studi kasus ini adalah dua orang pasien yang terkena CHF dengan pola napas tidak efektif. Instrument yang digunakan berupa Standar Operasional Prosedur (SOP) pengaturan posisi *semi fowler*, Lembar Observasi (LO) pengaturan posisi semi fowler, lembar evaluasi pernapasan, leaflet posisi *semi fowler*.

Hasil : Penelitian menunjukkan bahwa setelah dilakukan pengaturan posisi *semi fowler* selama 3 hari, terdapat perkembangan dari kedua klien diantaranya sesak napas menurun, sesak napas saat istirahat menurun, pernapasan cuping hidung menurun, saturasi oksigen dan frekuensi napas membaik.

Kesimpulan : Penerapan pengaturan posisi *semi fowler* pada pasien *Congestive Heart Failure* dapat membantu menurunkan sesak napas.

Kata Kunci : Posisi *semi fowler*, pasien *Congestive Heart Failure*, pola napas tidak efektif

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*APPLICATION OF SEMI FOWLER'S POSITION ADJUSTMENT WITH IN
EFFECTIVE BREATHING PATTERN PROBLEMS IN CONGESTIVE HEART
FAILURE PATIENTS AT PANEMBAHAN SENOPATI HOSPITAL*

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ABSTRACT

Background : Congestive Heart Failure (CHF) or often called Heart Failure is believed to be a physiological condition in which the heart is unable to pump enough blood to meet the body's metabolic needs. The incidence of Congestive Heart Failure is increasing day by day. In the Special Region of Yogyakarta, the number of cases of congestive heart failure is still included in the top 10 diseases, including 4,132 inpatients and 10,180 outpatients. One of the signs and symptoms of Congestive Heart Failure sufferers is shortness of breath. CHF clients with ineffective breathing patterns need to be given a semi-Fowler's position.

Purpose : Real experience is known in carrying out the implementation of the semi-Fowler's position in patients with ineffective breathing patterns.

Method : This research uses a descriptive case study design. Subjects in this case study were two patients affected by CHF with ineffective breathing patterns. The instruments used are Standard Operating Procedures (SOP) for setting the semi-fowler's position, Observation Sheet (LO) for setting the semi-fowler's position, respiratory evaluation sheet, leaflet for semi-fowler's position.

Result : Research shows that after setting the semi-Fowler's position for 3 days, there were developments from both clients including decreased shortness of breath, decreased shortness of breath at rest, decreased nostril breathing, improved oxygen saturation and respiratory rate.

Conclusion : The application of semi-Fowler's position adjustment in Congestive Heart Failure patients can help reduce shortness of breath.

Keywords : Semi Fowler's position, Congestive Heart Failure patient, ineffective breathing pattern.

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