

**APPLICATION OF *DEEP BREATHING EXERCISE* IN FULFILLING  
OXYGENATION NEEDS TO REDUCE *DYSPNEA* IN  
*CONGESTIVE HEART FAILURE (CHF)* PATIENTS  
IN THE WISNUMURTI WARD OF  
RSUP Dr. SARDJITO**

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**ABSTRACT**

**Background:** Congestive Heart Failure or CHF is a cardiovascular condition where the heart is unable to pump blood sufficiently to meet the body's metabolic needs. The initial clinical symptom in patients with CHF is dyspnea. Management to reduce dyspnea can be done with deep breathing exercise therapy. The advantages of deep breathing exercise therapy include minimal costs incurred, safe, non-invasive, long-term intervention, and can be done independently. **Objective:** Knowing the application of deep breathing exercise therapy to reduce dyspnea in nursing care for meeting oxygenation needs in CHF patients in the Wisnumurti Ward of RSUP Dr. Sardjito. **Methods:** Case study involving two CHF patients with dyspnea. Instrument in the form of deep breathing exercise therapy SOP. The decrease in dyspnea is seen through subjective evaluation of both patients, breathing patterns, and breath frequency. Deep breathing exercise therapy is carried out for approximately fifteen minutes with administration three times a day for three days. **Results:** Nursing diagnoses in both patients, namely ineffective breathing patterns associated with respiratory effort resistance and gas exchange disorders associated with ventilation-capillary imbalance, after intervening with deep breathing exercise therapy which is carried out for approximately fifteen minutes with administration three times a day for three days, nursing problems are resolved and partially resolved with a decrease in dyspnea in both patients. **Conclusion:** Deep breathing exercise therapy can reduce dyspnea in CHF patients.

**Keywords:** *Deep Breathing Exercise, Dyspnea, Congestive Heart Failure*

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**ABSTRAK**

**Latar belakang :** *Congestive Heart Failure* atau *CHF* merupakan suatu kondisi kardiovaskuler dimana jantung tidak mampu memompa darah secara cukup untuk memenuhi kebutuhan metabolisme tubuh. Gejala awal klinis pada penderita *CHF* adalah *dyspnea*. Manajemen untuk menurunkan *dyspnea* dapat dilakukan dengan terapi *deep breathing exercise*. Kelebihan dari terapi *deep breathing exercise* diantaranya minimnya biaya yang dikeluarkan, aman, non invasive, intervensi jangka panjang, dan mampu dilakukan mandiri. **Tujuan :** Mengetahui penerapan terapi *deep breathing exercise* untuk mengurangi *dyspnea* dalam asuhan keperawatan pemenuhan kebutuhan oksigenasi pada pasien *CHF* di Ruang Wisnumurti RSUP Dr. Sardjito. **Metode :** Studi kasus yang melibatkan dua pasien *CHF* dengan *dyspnea*. Instrument berupa SOP terapi *deep breathing exercise*. Penurunan *dyspnea* dilihat melalui evaluasi subjektif kedua pasien, pola napas, dan frekuensi napas. Terapi *deep breathing exercise* dilakukan kurang lebih lima belas menit dengan pemberian tiga kali dalam sehari selama tiga hari. **Hasil :** Diagnosa keperawatan pada kedua pasien yaitu pola napas tidak efektif berhubungan dengan hambatan upaya napas dan gangguan pertukaran gas berhubungan dengan ketidakseimbangan ventilasi-kapiler, setelah dilakukan intervensi terapi *deep breathing exercise* yang dilakukan kurang lebih lima belas menit dengan pemberian tiga kali dalam sehari selama tiga hari, masalah keperawatan teratasi dan teratasi sebagian dengan penurunan *dyspnea* pada kedua pasien. **Kesimpulan :** Terapi *deep breathing exercise* dapat menurunkan *dyspnea* pada pasien *CHF*.

**Kata Kunci :** *Deep Breathing Exercise, Dyspnea, Congestive Heart Failure*