

LAPORAN STUDI KASUS
ASUHAN KEPERAWATAN PADA PASIEN DENGAN *UNSTABLE*
***ANGINA PECTORIS* (UAP) DI RUANG WISNUMURTI**
RSUP DR. SARDJITO YOGYAKARTA

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ABSTRAK

Latar belakang: Salah satu penyakit kardiovaskuler yang dapat menyebabkan kematian adalah *Unstable Angina Pectoris* (UAP) atau angina tidak stabil merupakan ketidaknyamanan atau nyeri dada yang disebabkan oleh aliran darah dan oksigen yang tidak mencukupi ke jantung atau kurangnya perfusi ke miokardium. **Tujuan:** Menerapkan proses asuhan keperawatan pada pasien UAP. **Metodologi:** Metode yang digunakan yaitu studi kasus yang dilakukan pada satu orang pasien yang dirawat di Ruang Wisnumurti RSUP Dr. Sardjito Yogyakarta. **Hasil:** Pengkajian keperawatan didapatkan keluhan utama sesak napas, kepala pusing, badan lemes, merasa cepet lelah setelah beraktivitas ringan, merasa cemas dengan kondisinya. Diagnosis keperawatan yang muncul, yaitu penurunan curah jantung, gangguan pertukaran gas, intoleransi aktivitas, ketidakstabilan kadar glukosa darah dan ansietas. Intervensi dan implementasi keperawatan yang dilakukan yaitu perawatan jantung, pemantauan respirasi, manajemen energi, manajemen hiperglikemia, dan reduksi ansietas. Evaluasi masalah keperawatan penurunan curah jantung teratasi penuh, gangguan pertukaran gas teratasi sebagian, intoleransi aktivitas teratasi penuh, ketidakstabilan kadar glukosa darah teratasi sebagian dan ansietas teratasi penuh. **Diskusi:** Adapun kesenjangan antara konsep teoritis terhadap kondisi pasien yang terletak pada penegakan diagnosis keperawatan yaitu masalah keperawatan hiperglikemia muncul pada pasien kelolaan. Penulis menganalisis data hasil pengkajian dan mengkaitkannya dengan data mayor dan minor yang muncul sesuai dengan teori sehingga mendukung penegakan diagnosa.

Kata Kunci: *Unstable Angina Pectoris*, Nyeri Dada, Oksigenasi,

**A CASE STUDY REPORT
NURSING CARE ON A PATIENT WITH UNSTABLE ANGINA
PECTORIS (UAP) IN THE WISNUMURTI ROOM
RSUP DR. SARDJITO YOGYAKARTA**

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ABSTRACT

Background: One of the cardiovascular diseases that can cause death is Unstable Angina Pectoris (UAP) is discomfort or chest pain caused by insufficient blood and oxygen flow to the heart or lack of perfusion to the myocardium. **Objective:** Applying the nursing care process to UAP patients. **Methodology:** The method used is a case study conducted on one patient who was treated in the Wisnumurti Room, Dr. Sardjito Yogyakarta. **Results:** The nursing assessment found that the main complaints were shortness of breath, headache, body weakness, feeling tired quickly after light activities, feeling anxious about his condition. Nursing diagnoses that emerged were decreased cardiac output, impaired gas exchange, activity intolerance, instability of blood glucose levels and anxiety. The nursing interventions and implementations were cardiac care, respiration monitoring, energy management, hyperglycemia management, and anxiety reduction. Evaluation of nursing problems that decreased cardiac output was fully resolved, gas exchange disorders were partially resolved, activity intolerance was fully resolved, blood glucose level instability was partially resolved and anxiety was fully resolved. **Discussion:** The gap between the theoretical concepts and the patient's condition lies in establishing a nursing diagnosis, namely hyperglycemia nursing problems that arise in managed patients. The author analyzes the data from the assessment and relates it to major and minor data that appear in accordance with to theory so as to support diagnosis.

Keywords: Unstable Angina Pectoris, Chest pain, Oksigenasi