

PENERAPAN *ANKLE PUMP EXERCISE* DALAM PEMENUHAN
KEBUTUHAN Sirkulasi PADA PASIEN *HEART FAILURE*
DI RUANG *HIGH CARE UNIT* RSUP DR. SARDJITO

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ABSTRAK

Latar Belakang: Pasien dengan *Heart Failure* (HF) sering mengalami gangguan sirkulasi akibat penurunan curah jantung dan imobilitas selama perawatan, yang dapat menyebabkan hipoperfusi jaringan, edema perifer, dan stasis vena. Kondisi ini memperburuk status hemodinamik dan menghambat pemulihan. *Ankle pump exercise* merupakan latihan sederhana yang dapat meningkatkan aliran darah vena dan kapiler, memperbaiki perfusi perifer, serta mengurangi edema. Intervensi ini diharapkan dapat membantu memenuhi kebutuhan sirkulasi dan mendukung pemulihan kondisi pasien dengan gagal jantung.

Tujuan: Menggambarkan penerapan *ankle pump exercise* untuk mengatasi masalah keperawatan penurunan curah jantung pada pasien *Heart Failure*.

Metode: Jenis penelitian ini menggunakan metode deskriptif kualitatif rancangan studi kasus yang melibatkan dua pasien dengan *Heart Failure*. Karya Ilmiah Akhir Ners ini dilakukan pemantauan sirkulasi pre dan post dengan penerapan *ankle pump exercise* pada kedua kasus kelolaan selama 3x24 jam sesuai tujuan asuhan keperawatan.

Hasil: Setelah dilakukan intervensi manajemen energi selama tiga hari, masalah keperawatan teratasi dengan terjadi peningkatan curah jantung pada kedua pasien.

Kesimpulan: Masalah keperawatan pada kedua pasien adalah penurunan curah jantung. Setelah dilakukan intervensi selama tiga hari, masalah keperawatan teratasi Sebagian dengan terjadinya penurunan derajat edema, penurunan JVP, perbaikan UOP, dan perbaikan hemodinamik pada kedua pasien

Kata Kunci: *Ankle Pump Exercise*, Sirkulasi, *Heart Failure*

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*APPLICATION OF ANKLE PUMP EXERCISE IN FULFILLING
CIRCULATION NEEDS IN PATIENTS WITH HEART FAILURE
IN THE HIGH CARE UNIT ROOM RSUP DR. SARDJITO*

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ABSTRACT

Background: *Patients with Heart Failure (HF) often experience circulatory disturbances due to decreased cardiac output and prolonged immobility during hospitalization, leading to tissue hypoperfusion, peripheral edema, and venous stasis. These conditions can worsen hemodynamic status and delay recovery. Ankle pump exercise is a simple physical activity that can enhance venous and capillary blood flow, improve peripheral perfusion, and reduce edema. This intervention is expected to help meet circulatory needs and support the recovery process in patients with heart failure.*

Objective: *To describe the application of ankle pump exercise to address the nursing problem of decreased cardiac output in patients with Heart Failure.*

Methods: *This type of research uses a qualitative descriptive method of case study design involving two patients with Heart Failure. This final scientific work was carried out pre and post circulation monitoring with the application of ankle pump exercise in both managed cases for 3x24 hours according to nursing care objectives.*

Results: *After three days of energy management intervention, the nursing problem was resolved with an increase in cardiac output in both patients.*

Conclusion: *The nursing problem in both patients is a decrease in cardiac output. After three days of intervention, the nursing problem was partially resolved with a decrease in the degree of edema, decreased JVP, improved UOP, and improved hemodynamics in both patients.*

Keywords: *Ankle Pump Exercise, Circulation, Heart Failure*

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