

PENERAPAN *HANDHELD FAN THERAPY* DALAM PEMENUHAN KEBUTUHAN RASA NYAMAN UNTUK MENGURANGI SESAK NAPAS PADA PASIEN KANKER NASOFARING DI RSUD TEMANGGUNG

Farha Sabirah¹, Catur Budi Susilo², Yusniarita³

^{1,2,3}Department of Nursing, Health Polytechnic of the Ministry of Health Yogyakarta

Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman

Email: farhasabirah20@gmail.com

ABSTRAK

Latar Belakang: Kanker nasofaring (KNF) sering menyebabkan hidung tersumbat akibat obstruksi jalan napas atas oleh massa tumor sehingga menimbulkan sesak napas yang mengganggu rasa nyaman pasien. Salah satu intervensi keperawatan nonfarmakologis yang dapat digunakan adalah *handheld fan therapy*, yang bekerja melalui stimulasi nervus trigeminus untuk menurunkan persepsi sesak napas dan memberikan efek relaksasi. **Tujuan:** Mengetahui penerapan *handheld fan therapy* dalam pemenuhan kebutuhan rasa nyaman untuk mengurangi sesak napas pada pasien kanker nasofaring dengan diagnosis keperawatan Gangguan Rasa Nyaman. **Metode:** Studi kasus pada dua pasien laki-laki dengan kanker nasofaring. *Handheld fan therapy* diberikan menggunakan kipas genggam digital yang diarahkan ke area wajah pada jarak 15–30 cm selama 5 menit, dua kali sehari selama tiga hari. Tingkat sesak napas diukur menggunakan *Modified Borg Scale* (MBS) sebelum dan sesudah terapi, sedangkan frekuensi pernapasan dan saturasi oksigen diamati sebagai data pendukung. **Hasil:** Terjadi penurunan skor MBS pada kedua pasien setelah setiap sesi terapi. Pasien mengatakan napas terasa lebih lega, lebih rileks, dan lebih nyaman setelah diberikan terapi. Stimulasi udara sejuk pada wajah diduga memodulasi persepsi sesak napas melalui nervus trigeminus sehingga meningkatkan rasa nyaman. **Kesimpulan:** *Handheld fan therapy* efektif sebagai intervensi keperawatan nonfarmakologis untuk memenuhi kebutuhan rasa nyaman melalui penurunan persepsi sesak napas pada pasien kanker nasofaring, serta dapat digunakan sebagai terapi pendamping dalam asuhan keperawatan.

Kata kunci: *handheld fan therapy*, kanker nasofaring, gangguan rasa nyaman, sesak napas.

**THE APPLICATION OF HANDHELD FAN THERAPY IN FULFILLING
COMFORT NEEDS TO REDUCE SHORTNESS OF BREATH IN
NASOPHARYNGEAL CARCINOMA PATIENTS AT TEMANGGUNG
REGIONAL GENERAL HOSPITAL**

Farha Sabirah¹, Catur Budi Susilo², Yusniarita³

^{1,2,3}Department of Nursing, Health Polytechnic of the Ministry of Health Yogyakarta

Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman

Email: farhasabirah20@gmail.com

ABSTRACT

Background: Nasopharyngeal carcinoma (NPC) frequently causes nasal obstruction due to tumor growth in the upper airway, resulting in dyspnea that reduces patient comfort. One non-pharmacological nursing intervention that may improve comfort is **handheld fan therapy**, which stimulates the trigeminal nerve to reduce the perception of breathlessness and promote relaxation. **Objective:** To describe the implementation of handheld fan therapy in meeting comfort needs to reduce dyspnea in patients with nasopharyngeal carcinoma diagnosed with **Impaired Comfort**. **Methods:** This case study involved two male patients with nasopharyngeal carcinoma. Handheld fan therapy was administered using a portable digital fan directed toward the facial area from a distance of 15–30 cm for 5 minutes, twice daily for three consecutive days. The level of dyspnea was assessed using the **Modified Borg Scale (MBS)** before and after each therapy session, while respiratory rate and oxygen saturation were observed as supporting data. **Results:** Both patients demonstrated decreased MBS scores after each therapy session. Patients reported that their breathing felt easier, they were more relaxed, and they experienced greater comfort following the intervention. Cool airflow directed to the face is thought to modulate the perception of dyspnea through stimulation of the trigeminal nerve, thereby improving patient comfort. **Conclusion:** Handheld fan therapy is an effective non-pharmacological nursing intervention for meeting comfort needs by reducing the perception of dyspnea in patients with nasopharyngeal carcinoma and may be used as a complementary therapy in nursing care.

Keywords: handheld fan therapy, nasopharyngeal carcinoma, impaired comfort, dyspnea.