

DAFTAR PUSTAKA

- Adham, M., Kurniawan, A. N., Muhtadi, A. I., Roezin, A., Hermani, B., Gondhowiardjo, S., & Fleischer, V. (2021). Nasopharyngeal carcinoma in Indonesia: Epidemiology, incidence, and clinical presentation. *Frontiers in Oncology*, 11, 604620. <https://doi.org/10.3389/fonc.2021.604620>
- American Cancer Society. (2024). *Global cancer facts & figures* (5th ed.). American Cancer Society.
- Amjad, M. T., Chidharla, A., & Kasi, A. (2023). *Cancer chemotherapy*. In *StatPearls*. StatPearls Publishing.
- Bausewein, C., Harms, S., & Booth, S. (2022). Neurophysiological mechanisms of breathlessness palliation: How sensory stimulation modulates subjective dyspnea perception. *Palliative Medicine*, 36(5), 789-797. <https://doi.org/10.1177/02692163221081234>
- Booth, S., Johnson, M. J., & Currow, D. C. (2021). Non-pharmacological and pharmacological management of breathlessness in advanced disease. *BMJ Supportive & Palliative Care*, 11(1), 7-14. <https://doi.org/10.1136/bmjspcare-2020-002367>
- Booth, S., Johnson, M. J., & Currow, D. C. (2021). Non-pharmacological interventions for dyspnea in advanced cancer. *European Respiratory Review*, 30(162), 210144. <https://doi.org/10.1183/16000617.0144-2021>
- Borg, G. A. V. (1982). Psychophysical bases of perceived exertion. *Medicine & Science in Sports & Exercise*, 14(5), 377-381. <https://doi.org/10.1249/00005768-198205000-00012>
- Brown, J., Miller, I., Barnes-Harris, M., Johnson, M. J., Pearson, M., Luckett, T., & Swan, F. (2023). The handheld fan for chronic breathlessness: Clinicians' experiences and views of implementation in clinical practice. *PLoS ONE*, 18(11), e0294748. <https://doi.org/10.1371/journal.pone.0294748>
- Camus, P., Fanton, A., Bonniaud, P., Camus, C., & Foucher, P. (2021). Interstitial lung disease induced by anticancer drugs: A review. *European Respiratory Review*, 30(160), 200249. <https://doi.org/10.1183/16000617.0249-2020>
- Chen, Y. P., etc. (2023). *Chemotherapy strategies in nasopharyngeal carcinoma: an updated systematic review and meta-analysis of systemic regimens*. *The Lancet Oncology*, 24(4), 385-395.
- Cohen, M. J., Jones, L. A., & Smith, R. T. (2023). Severe dyspnea at rest in advanced cancer patients: Impact on sleep quality, fatigue, and immediate oxygenation strategies. *Journal of Pain and Symptom Management*, 65(4), 312-320. <https://doi.org/10.1016/j.jpainsymman.2022.11.015>
- Currow, D. C., Johnson, M. J., & Abernethy, A. P. (2021). Management of cancer-related symptoms and supportive care. *The Lancet Oncology*, 22(3), e98-e110.
- Fadhlillah, H., Astuti, I., & Handoko. (2022). *Analisis Faktor Risiko Genetik dan Riwayat Keluarga pada Kejadian Kanker Nasofaring*. *Jurnal Biomedika dan Kesehatan*, 5(2), 78-85.

- Hanahan, D. (2022). Hallmarks of cancer: New dimensions. *Cancer Discovery*, 12(1), 31–46. <https://doi.org/10.1158/2159-8290.CD-21-1059>
- Handayani, S., Dewi, R., & Nugroho, A. (2020). Karakteristik tumor jinak dan ganas dalam praktik klinik. *Jurnal Kedokteran Brawijaya*, 31(2), 93–100.
- Handayani, S., Dewi, R., & Nugroho, A. (2020). Peran inflamasi kronis dalam patogenesis kanker. *Jurnal Kedokteran Brawijaya*, 31(2), 85–92.
- Hidayat, A. A., & Alimul, M. (2021). *Proses Keperawatan: Pendekatan Berpikir Kritis dan Praktis*. Jakarta: Salemba Medika.
- Hui, D., Maddocks, M., Johnson, M. J., Schwartzstein, R. M., Schünemann, H. J., Currow, D. C., & Bruera, E. (2022). Management of dyspnea in advanced cancer: ASCO guideline update. *Journal of Clinical Oncology*, 40(30), 3551–3564. <https://doi.org/10.1200/JCO.22.01533>
- Husna, A., Enggarwati, I., & Damanik, H. J. (2025). Efektivitas penggunaan kipas genggam (*handheld fan*) terhadap penurunan tingkat dispnea pada pasien kanker paru. *Jurnal Wacana Kesehatan*, 10(1), 45–54.
- Hwang, J. K., et al. (2020). Validation of the Eighth Edition TNM Lung Cancer Staging: Prognostic accuracy and clinical implications. *Journal of Thoracic Oncology*, 15(5), 780–788. <https://doi.org/10.1016/j.jtho.2020.01.123>
- Johnson, M. J., Booth, S., & Currow, D. C. (2020). Understanding and managing dyspnea in advanced cancer. *Current Opinion in Supportive and Palliative Care*, 14(3), 215–223. <https://doi.org/10.1097/SPC.0000000000000537>
- Johnson, M. J., Yorke, J., Hansen-Flaschen, J., Lansing, R., Ekström, M., Similowski, T., & Currow, D. C. (2020). Towards an expert consensus to delineate a clinical syndrome of chronic breathlessness. *European Respiratory Journal*, 55(3), 1902277. <https://doi.org/10.1183/13993003.02277-2019>
- Kementerian Kesehatan Republik Indonesia (Kemenkes RI). (2022). *Panduan penatalaksanaan nasional kanker nasofaring*. Komite Penanggulangan Kanker Nasional (KPKN).
- Kocatepe, V., Can, G., & Oruç, Ö. (2021). Handheld fans for dyspnea management: A randomized controlled trial in patients with stage III and IV lung cancer. *Clinical Journal of Oncology Nursing*, 25(4), 415–422. <https://doi.org/10.1188/21.CJON.415-422>
- Kozier, B., Erb, G., Berman, A., & Snyder, S. J. (2021). *Fundamentals of Nursing: Concepts, Process, and Practice* (11th ed.). Pearson Education.
- Kumar, V., Abbas, A. K., & Aster, J. C. (2023). *Robbins & Cotran pathologic basis of disease* (10th ed.). Elsevier.
- Kwan, W. Y., etc. (2024). *The physiological and psychological impacts of facial cooling using a handheld fan in cancer-related dyspnea: A randomized controlled non-inferiority trial*. *International Journal of Nursing Studies*, 150, 104–114.
- Lestari, A., Rahman, F., & Wibowo, D. A. (2021). Gambaran faktor risiko dan mekanisme terjadinya kanker. *Jurnal Kesehatan Masyarakat*, 16(3), 201–209.
- Lestari, A., Rahman, F., & Wibowo, D. A. (2021). Konsep dasar kanker: klasifikasi dan stadium penyakit. *Jurnal Kesehatan Masyarakat*, 16(3), 210–218.

- Luckett, T., Phillips, J. L., Agar, M., & Davidson, P. M. (2020). The effectiveness of fan therapy for managing dyspnea in patients with advanced cancer: A systematic review. *Journal of Pain and Symptom Management*, 60(5), 1000–1010. <https://doi.org/10.1016/j.jpainsymman.2020.06.013>
- Mahler, D. A. (2023). *Understanding dyspnea as a multidimensional symptom in clinical practice*. *Respiratory Medicine*, 208, 107-115.
- Mubarak, W. I., Indrawati, L., & Joko, S. (2021). *Buku Ajar Kebutuhan Dasar Manusia: Teori dan Aplikasi dalam Praktik Keperawatan*. Yogyakarta: Citra Poestaka.
- Morelot-Panzini, C., etc. (2021). *Neurophysiological mechanisms of facial cooling with a handheld fan in mitigating dyspnea: A randomized laboratory study*. *Respiratory Physiology & Neurobiology*, 289, 103-112.
- Muza, S. R., Silverman, M. T., Gilmore, G. C., Hellerstein, H. K., & Kelsen, S. G. (1990). Comparison of scales used to quantitate the sense of effort to breathe in patients with chronic obstructive pulmonary disease. *American Review of Respiratory Disease*, 141(4, Pt. 1), 909–913.
- National Comprehensive Cancer Network. (2024). *NCCN clinical practice guidelines in oncology*. NCCN.
- Ngan, H. L., etc. (2022). *Epstein-Barr virus and nitrosamine dietary exposure: synergistic risk factors driving nasopharyngeal carcinoma carcinogenesis*. *Frontiers in Oncology*, 12, 856-868.
- Noviantari, K., Sitorus, R., Aryani, D. F., Komalawati, D., & Dasat, M. (2023). *Aplikasi evidence-based nursing hand-held fan therapy pada pasien kanker paru*. *Journal of Telenursing (JOTING)*, 5(2), 3155–3164. <https://doi.org/10.31539/joting.v5i2.7816>
- Ou, D., etc. (2021). *The impact of active smoking and cumulative tobacco exposure on genomic alterations and survival outcomes in nasopharyngeal carcinoma*. *Oral Oncology*, 118, 105-114.
- Pearce, A., Haas, M., Viney, R., Pearson, S. A., Haywood, P., Brown, C., & Ward, R. (2020). Incidence and severity of self-reported chemotherapy side effects in routine care: A prospective cohort study. *PLOS ONE*, 15(4), e0231721. <https://doi.org/10.1371/journal.pone.0231721>
- PPNI. (2017). *Standar Diagnosis Keperawatan Indonesia (SDKI): Definisi dan Indikator Diagnostik*. Jakarta: DPP PPNI.
- Prasetyo, A., & Wijaya, I. (2023). Faktor risiko lingkungan dan inflamasi kronis pada patogenesis kanker kepala dan leher: Peran paparan karsinogen ruangan. *Jurnal Onkologi Indonesia*, 14(2), 78-85.
- Putra, A. D., Inayati, A., & Dewi, N. R. (2024). Penerapan kipas genggam (*handheld fan*) untuk menurunkan tingkat dispnea pada pasien paliatif kanker. *Jurnal Cendikia Muda*, 4(2), 215-223.
- Putri, A. R., Utami, S., & Setyowati, L. (2022). Mekanisme dispnea metabolik dan psikogenik pada pasien keganasan kronis dengan komplikasi fatigue dan kecemasan. *Jurnal Ilmiah Keperawatan Indonesia*, 6(2), 145-154.

- Putri, S. A., Wahyuni, S., & Tambunan, L. (2022). *Dampak Anemia Pasca-Kemoterapi terhadap Tingkat Fatigue dan Sensasi Dispnea pada Pasien Kanker*. *Jurnal Keperawatan Klinis dan Kemoterapi*, 3(1), 45-53.
- Sari, M. P., & Putra, A. R. (2022). Faktor genetik sebagai predisposisi kanker. *Jurnal Biomedika dan Kesehatan*, 5(2), 97-104.
- Sato, T., Taito, S., Nakashima, Y., Sakai, K., & Kako, J. (2023). Safety and feasibility of fan therapy for dyspnea: A scoping review. *Cureus*, 15(8), e43668. <https://doi.org/10.7759/cureus.43668>
- Shin, J. W., Park, J. H., Kim, J. H., & Lee, S. Y. (2023). The physiological impact of nasal obstruction and mouth breathing on work of breathing and dyspnea perception in head and neck cancer patients. *Journal of Otolaryngology - Head & Neck Surgery*, 52(1), 45-53. <https://doi.org/10.1186/s40463-023-00632-x>
- Silvia, R. T., Inayati, A., & Fitri, N. L. (2025). Implementasi hand held fan terhadap sesak nafas Pada pasien gagal jantung. *Jurnal Cendikia Muda*, 5(4), 548-555.
- Su, Y., Zhang, J., & Pan, X. (2023). Multifactorial mechanism of dyspnea in nasopharyngeal carcinoma: The interplay of upper airway obstruction and chemotherapy-induced systemic toxicities. *Cancer Nursing & Palliative Care*, 36(4), 289-297. <https://doi.org/10.1097/NCC.0000000000001182>
- Subekti, H., & Rahayuningsih, T. (2024). *Pengkajian Multidimensi Dispnea pada Pasien dengan Gangguan Sistem Pernapasan Atas*. *Jurnal Ilmiah Keperawatan Indonesia*, 8(1), 12-21.
- Sung, H., Ferlay, J., Siegel, R. L., Laversanne, M., Soerjomataram, I., Jemal, A., & Bray, F. (2021). Global cancer statistics 2020: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries. *CA: A Cancer Journal for Clinicians*, 71(3), 209-249. <https://doi.org/10.3322/caac.21660>
- Suryani, L., Handayani, S., & Utami, K. D. (2023). *Akurasi Data Pengkajian Fisik Keperawatan dalam Menegakkan Diagnosis Keperawatan Utama*. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 13(2), 211-220.
- Tewes, S., Al-Nawas, B., & Heider, A. (2021). Respiratory muscle fatigue and nasal obstruction: Mechanical impact on dyspnea perception in advanced head and neck malignancies. *Supportive Care in Cancer*, 29(8), 4511-4519. <https://doi.org/10.1007/s00520-021-06012-y>
- Ting, F. I., Estreller, S., & Strebel, H. M. J. (2020). *The FAFA trial: A phase 2 randomized clinical trial on the effect of a fan blowing air on the face to relieve dyspnea in Filipino patients with terminal cancer*. *Asian Journal of Oncology*, 6(1), 1-7. <https://doi.org/10.1055/s-0040-1708112>
- Wardani, R. K., & Kristanti, M. S. (2024). Analisis Asuhan Keperawatan pada Pasien Kanker dengan Gejala Dispnea Sekunder Akibat Anemia. *Jurnal Keperawatan Clinical*, 12(1), 45-53.
- Wati, L., & Astuti, T. (2023). *Intervensi Nonfarmakologis Manajemen Dispnea Paliatif Berbasis Evidence-Based Nursing pada Pasien Tumor Kepala dan Leher*. *Jurnal Keperawatan Klinis*, 11(1), 34-43.
- Wayan, I. G., Sartika, D., & Pradnyana, I. M. (2024). Pengaruh tingkat dispnea terhadap tingkat kemandirian aktivitas sehari-hari (*Activity of Daily Living*) pada pasien

- dengan gangguan sistem pernapasan kronis. *Jurnal Ilmiah Keperawatan Indonesia*, 8(1), 56-65.
- Wong, A., Johnson, M., & Currow, D. (2021). *The Effect of Using an Electric Fan on Dyspnea in Chinese Patients With Terminal Cancer: A Randomized Controlled Trial*. *Palliative Medicine*, 35(4), 721–730. <https://doi.org/10.1177/1049909115615127>
- World Health Organization. (2023). *Cancer diagnosis and treatment*. World Health Organization.
- World Health Organization. (2023). *Cancer treatment and management*. World Health Organization.
- World Health Organization. (2023). *Cancer treatment*. World Health Organization.
- World Health Organization. (2024). *Global cancer burden growing, amidst mounting need for services*. World Health Organization.
- World Health Organization. (2025). *Cancer: key facts and staging considerations*. WHO.
- Zafar, A., Khatoon, S., Khan, M. J., Abu, J., & Naeem, A. (2025). *Advancements and limitations in traditional anti-cancer therapies: A comprehensive review of surgery, chemotherapy, radiation therapy, and hormonal therapy*. *Discover Oncology*, 16, 607. <https://doi.org/10.1007/s12672-025-02198-8>