

THE APPLICATION OF THE SEMI-FOWLER POSITION TO REDUCE SHORTNESS OF BREATH IN PATIENTS WITH CONGESTIVE HEART FAILURE AT RSUD WATES

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ABSTRACT

Background: Shortness of breath is one of the most common clinical complaints found in patients with cardiovascular and respiratory system disorders. One of the main causes of shortness of breath is congestive heart failure or Congestive Heart Failure (CHF). Congestive heart failure affects lung function, which can interfere with the oxygen exchange process, resulting in decreased oxygen levels throughout the body and causing symptoms such as shortness of breath.

Objective: This case study aimed to implement the semi-Fowler position intervention in the context of nursing care for patients experiencing shortness of breath due to congestive heart failure and to identify the responses of both patients after the intervention was applied.

Methods: This case study used a descriptive case study design by implementing the semi-Fowler position in two patients with congestive heart failure who experienced shortness of breath. The intervention was applied for three days with a duration of 15 minutes each day or adjusted according to the patients' needs.

Results: The results of the case study showed a decrease in the level of shortness of breath, improvement in respiratory rate, and increased oxygen saturation in both patients after the implementation of the semi-Fowler position intervention. Mr. P experienced a decrease in the mBorg scale score from 3 to 0, an improvement in respiratory rate from 24 breaths/minute to 19 breaths/minute, and an increase in oxygen saturation from 94% to 98%. Mr. R experienced a decrease in the mBorg scale score from 3 to 0, an improvement in respiratory rate from 23 breaths/minute to 18 breaths/minute, and an increase in oxygen saturation from 95% to 99%.

Conclusion: The implementation of the semi-Fowler position in patients with congestive heart failure can reduce shortness of breath.

Keywords: Congestive Heart Failure; shortness of breath; semi-Fowler position.

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**PENERAPAN POSISI SEMI-FOWLER UNTUK
MENURUNKAN KELUHAN SESAK NAPAS
PADA PASIEN GAGAL JANTUNG
KONGESTIF DI RSUD WATES**

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ABSTRAK

Latar Belakang: Sesak napas merupakan salah satu keluhan klinis yang paling sering dijumpai pada pasien dengan gangguan sistem kardiovaskular dan pernapasan. Salah satu penyebab utama terjadinya sesak napas adalah gagal jantung kongestif atau *Congestive Heart Failure* (CHF). Gagal jantung kongestif berdampak pada gangguan fungsi paru-paru yang dapat mengakibatkan terganggunya proses pertukaran oksigen, sehingga kadar oksigen di seluruh tubuh menurun dan menyebabkan gejala seperti sesak napas.

Tujuan: Studi kasus ini bertujuan untuk menerapkan intervensi pengaturan posisi *semi-Fowler* dalam konteks asuhan keperawatan pada pasien yang mengalami sesak napas akibat gagal jantung kongestif serta mengetahui respons kedua pasien setelah dilakukan intervensi.

Metode: Metode studi kasus ini menggunakan desain studi kasus deskriptif dengan menerapkan pengaturan posisi *semi-Fowler* pada dua pasien gagal jantung kongestif yang mengalami keluhan sesak napas. Penerapan intervensi dilakukan selama tiga hari dengan durasi 15 menit di setiap harinya atau menyesuaikan dengan kebutuhan pasien.

Hasil: Hasil studi kasus menunjukkan adanya penurunan tingkat sesak napas, perbaikan frekuensi napas dan peningkatan saturasi oksigen pada kedua pasien setelah dilakukan intervensi pengaturan posisi *semi-Fowler*. Tn. P mengalami penurunan skor *mBorg scale* dari 3 menjadi 0, perbaikan frekuensi napas dari 24x/menit menjadi 19x/menit dan peningkatan saturasi oksigen dari 94% menjadi 98%. Tn. R mengalami penurunan skor *mBorg scale* dari 3 menjadi 0, perbaikan frekuensi napas dari 23x/menit menjadi 18x/menit dan peningkatan saturasi oksigen dari 95% menjadi 99%.

Kesimpulan: Penerapan posisi *semi-Fowler* berkontribusi dalam menurunkan keluhan sesak napas pada pasien gagal jantung kongestif.

Kata kunci: Gagal jantung kongestif, sesak napas, posisi *semi-Fowler*.

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