

**PENERAPAN POSISI *SEMI FOWLER* DAN *DEEP BREATHING EXERCISE*
TERHADAP PENURUNAN SESAK NAPAS DAN PENINGKATAN SATURASI
OKSIGEN PADA PASIEN *CONGESTIVE HEART FAILURE* (CHF): STUDI
KASUS DI RSUP DR. SARDJITO YOGYAKARTA**

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ABSTRAK

Latar Belakang: *Congestive Heart Failure* (CHF) merupakan kondisi ketika jantung tidak mampu memompa darah secara optimal sehingga menyebabkan penurunan curah jantung dan *kongesti* paru yang menimbulkan sesak napas. Sesak napas merupakan salah satu keluhan utama pada pasien CHF yang dapat menurunkan kenyamanan dan kualitas hidup. Intervensi nonfarmakologis seperti posisi *semi fowler* dan *deep breathing exercise* dapat digunakan sebagai tindakan keperawatan untuk meningkatkan *ventilasi* paru dan oksigenasi.

Tujuan: Tujuan studi kasus ini adalah menganalisis efektivitas penerapan posisi *semi fowler* dan *deep breathing exercise* dalam menurunkan sesak napas dan meningkatkan saturasi oksigen pada pasien CHF.

Metode: Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus pada dua pasien CHF (Tn. B dan Ny. S) yang dirawat di ruang Wisnumurti RSUP Dr. Sardjito Yogyakarta. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan telaah rekam medis. Intervensi berupa penerapan posisi *semi fowler* dengan elevasi kepala 30–45° dan *deep breathing exercise* dilakukan selama 15 menit, lima siklus latihan setiap hari selama tiga hari berturut-turut. Evaluasi dilakukan melalui pemantauan frekuensi respirasi, saturasi oksigen, tekanan darah, denyut nadi, dan keluhan sesak napas.

Hasil: Penerapan posisi *semi Fowler* dan *deep breathing exercise* selama tiga hari pada dua pasien *Congestive Heart Failure* (CHF) menunjukkan perbaikan status respirasi. Pada hari pertama, Tn. B mengalami peningkatan frekuensi respirasi dari 15 menjadi 17 kali/menit dan saturasi oksigen dari 96% menjadi 97%, sedangkan Ny. S mengalami peningkatan frekuensi respirasi dari 14 menjadi 15 kali/menit dan saturasi oksigen dari 97% menjadi 98%. Pada hari kedua, frekuensi respirasi Tn. B meningkat dari 16 menjadi 18 kali/menit dengan saturasi oksigen dari 96% menjadi 98%, sedangkan Ny. S mempertahankan frekuensi respirasi 15 kali/menit dan saturasi oksigen 98%. Pada hari ketiga, frekuensi respirasi Tn. B meningkat dari 19 menjadi 20 kali/menit dengan saturasi oksigen dari 97% menjadi 99%, sedangkan Ny. S mengalami peningkatan frekuensi respirasi dari 15 menjadi 16 kali/menit dan saturasi oksigen dari 97% menjadi 98%. Secara subjektif, kedua pasien menyatakan napas terasa lebih lega, sesak berkurang, dan lebih nyaman setelah penerapan posisi *semi fowler* dan *deep breathing exercise*.

Kesimpulan: Penerapan posisi *semi fowler* yang dikombinasikan dengan *deep breathing exercise* dapat meningkatkan saturasi oksigen, mengurangi keluhan sesak napas, dan meningkatkan kenyamanan pasien *Congestive Heart Failure* (CHF). Intervensi ini dapat direkomendasikan sebagai tindakan keperawatan nonfarmakologis berbasis bukti dalam asuhan keperawatan pasien CHF.

Kata Kunci : *Congestive Heart Failure*, *posisi semi fowler*, *deep breathing exercise*, sesak napas, *oksigenasi*.

THE APPLICATION OF SEMI-FOWLER POSITION AND DEEP BREATHING EXERCISE TO REDUCE SHORTNESS OF BREATH AND INCREASE OXYGEN SATURATION IN CONGESTIVE HEART FAILURE (CHF) PATIENTS: A CASE STUDY AT DR. SARDJITO HOSPITAL, YOGYAKARTA

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ABSTRACT

Background: Congestive Heart Failure (CHF) is a condition in which the heart is unable to pump blood effectively, resulting in decreased cardiac output and pulmonary congestion that causes dyspnea. Dyspnea is one of the most common symptoms in CHF patients and may reduce comfort and quality of life. Non-pharmacological interventions such as the semi-Fowler position and deep breathing exercise can be applied to improve lung ventilation and oxygenation.

Objective: The aim of this case study is to analyze the effectiveness of applying the semi-Fowler position and deep breathing exercises in reducing shortness of breath and increasing oxygen saturation in CHF patients.

Methods: This study employed a descriptive case study design involving two CHF patients (Mr. B and Mrs. S) treated in the Wisnumurti Ward of Dr. Sardjito General Hospital, Yogyakarta. Data were collected through interviews, observation, physical examination, and medical record review. The intervention consisted of the semi-Fowler position (30–45° head elevation) combined with deep breathing exercise for 15 minutes, five cycles daily for three consecutive days. Outcomes were evaluated using respiratory rate, oxygen saturation, blood pressure, pulse rate, and subjective dyspnea complaints.

Results: Congestive Heart Failure (CHF) showed improvement in respiratory status. On the first day, Mr. B experienced an increase in respiratory rate from 15 to 17 times/minute and oxygen saturation from 96% to 97%, while Mrs. S experienced an increase in respiratory rate from 14 to 15 times/minute and oxygen saturation from 97% to 98%. On the second day, Mr. B's respiratory rate increased from 16 to 18 times/minute with oxygen saturation from 96% to 98%, while Mrs. S maintained a respiratory rate of 15 times/minute and oxygen saturation of 98%. On the third day, Mr. B's respiratory rate increased from 19 to 20 times/minute with oxygen saturation from 97% to 99%, while Mrs. S experienced an increase in respiratory rate from 15 to 16 times/minute and oxygen saturation from 97% to 98%. Subjectively, both patients stated that they felt more relieved to breathe, less shortness of breath, and more comfortable after applying the semi-Fowler position and deep breathing exercises.

Conclusion: The combination of the semi-Fowler position and deep breathing exercise improved oxygen saturation, reduced dyspnea, and enhanced comfort in patients with Congestive Heart Failure. This intervention can be recommended as an evidence-based, non-pharmacological nursing intervention in the care of patients with CHF.

Keywords: Congestive Heart Failure, semi-Fowler position, deep breathing exercise, dyspnea, oxygenation.