

**NURSING CARE FOR CONGESTIVE HEART FAILURE (CHF)
CLIENTS WITH PATTERN PROBLEMS BREATHING IS
NOT EFFECTIVE WITH APPLICATION
HAND HELD FAN THERAPY**

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ABSTRACT

Congestive Heart Failure (CHF) a the inability of the heart on pump adequate blood on meet the tissue's need for oxygen and nutrients. This results in reduced oxygen a the arteries and increased carbon dioxide. This condition will cause symptoms of shortness of breath. Breathing patterns that are not treated immediately can cause emergencies such as hypoxia, hypoxia and respiratory failure. So one in the actions that can be taken for someone who experiences ineffective breathing patterns is the application of Hand Held Fan Therapy. The aim in this research was to carry out comprehensive nursing care for Congestive Heart Failure (CHF) clients by implementing Hand Held Fan Therapy. The method in this research on a descriptive case study method, in managing one client using a nursing process approach. The results of the research after carrying out Hand Held Fan Therapy for 3 days, the result of the tightness scale before Hand Held Fan Therapy was carried out was 4 (shortness of breath, sometimes severe), the client's shortness of breath scale decreased to 0 (not shortness of breath at all). The conclusion this research in that application of Hand Held Fan Therapy is an effective way to reduce shortness of breath in CHF clients with ineffective breathing pattern problems.

Keywords: Congestive Heart Failure (CHF), Ineffective Breathing Pattern, Hand Held Fan Therapy

ASUHAN KEPERAWATAN PADA KLIEN CONGESTIVE HEART FAILURE (CHF) DENGAN MASALAH POLA NAFAS TIDAK EFEKTIF DENGAN PENERAPAN HAND HELD FAN THERAPY

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INTISARI

Congestive Heart Failure (CHF) merupakan dimana jantung tidak mampu untuk memompakan darah secara adekuat untuk memenuhi kebutuhan jaringan akan oksigen dan nutrisi. Sehingga terjadi berkurangnya oksigen yang ada di arteri dan meningkatnya karbondioksida. Kondisi ini akan mengakibatkan sesak nafas yang. Akan terjadi hipoksemia, hipoksia, dan pada akhirnya terjadi gagal nafas apabila tidak segera di tangani maka terjadilah pola nafas tidak efektif. Tindakan yang dapat dilakukan meneapkan hand held fan therapy. Tujuan dilakukan penelitian ini untuk melakukan asuhan keperawatan secara komprehensif klien CHF dengan penerapan *Hand Held Fan Therapy*. Metode dalam penelitian ini yaitu metode study kasus deskriptif, dengan mengelola satu klien menggunakan pendekatan proses keperawatan. Hasil penelitian setelah dilakukan *Hand Held Fan Therapy* selama 3 hari, di dapatkan hasil skala sesak sebelum dilakukan *Hand Held Fan Therapy* adalah 4 (sesak kadang berat), skala sesak klien menurun menjadi 0 (tidak sesak sama sekali). Kesimpulan penelitian dengan penerapan *Hand Held Fan Therapy* merupakan cara yang efektif menurunkan sesak nafas pada klien CHF dengan masalah pola nafas tidak efektif.

Kata Kunci: *Congestive Heart Failure* (CHF), Pola Nafas Tidak Efektif, *Hand Held Fan Therapy*