

ABSTRAK

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Penerapan *Alternate Nostril Breathing Exercise* (ANBE) Pada Pasien *Heart failure* Dengan Masalah Keperawatan Penurunan Curah Jantung Di Ruang Lavender RSUD dr.Soebandi Jember

Heart failure (HF) merupakan salah satu penyakit kardiovaskuler yang dapat menurunkan curah jantung akibat gangguan fungsi ventrikel dalam memompa darah. Penurunan curah jantung dapat menyebabkan gejala seperti sesak napas, kelelahan, dan peningkatan tekanan darah. Salah satu intervensi non-farmakologis yang efektif untuk menurunkan tekanan darah dan memperbaiki fungsi pernapasan adalah *Alternate Nostril Breathing Exercise* (ANBE). Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus terhadap tiga pasien dengan diagnosis medis *Heart Failure* di Ruang Lavender RSD dr. Soebandi. Intervensi ANBE dilakukan selama tiga hari, dua kali sehari selama 10–15 menit. Pengumpulan data dilakukan melalui wawancara, observasi tanda vital, pemeriksaan fisik, dan dokumentasi rekam medis. Hasil evaluasi menunjukkan adanya perbaikan parameter klinis berupa penurunan frekuensi napas, tekanan darah, serta peningkatan saturasi oksigen dan kekuatan nadi perifer. Teknik ANBE terbukti membantu dalam menstabilkan hemodinamik dan meningkatkan curah jantung pada pasien HF. Intervensi ini direkomendasikan sebagai terapi tambahan dalam asuhan keperawatan pasien dengan gangguan kardiovaskular.

Kata kunci: Heart failure, penurunan curah jantung, *Alternate Nostril Breathing Exercise*.

ABSTRACT

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Application of Alternate Nostril Breathing Exercise (ANBE) in Heart Failure Patients with Nursing Problems of Decreased Cardiac Output in the Lavender Ward of Dr. Soebandi Regional Hospital, Jember.

Heart failure (HF) is a cardiovascular disease that can reduce cardiac output due to impaired ventricular function in pumping blood. Decreased cardiac output can cause symptoms such as shortness of breath, fatigue, and increased blood pressure. One effective non-pharmacological intervention to lower blood pressure and improve respiratory function is Alternate Nostril Breathing Exercise (ANBE). This study used a qualitative case study approach with three patients with a medical diagnosis of Heart Failure in the Lavender Ward of Dr. Soebandi Regional Hospital. The ANBE intervention was carried out for three days, twice daily for 10–15 minutes. Data collection was conducted through interviews, vital sign observations, physical examinations, and medical record documentation. Evaluation results showed improvements in clinical parameters, including decreased respiratory rate and blood pressure, increased oxygen saturation, and peripheral pulse strength. The ANBE technique has been shown to help stabilize hemodynamics and increase cardiac output in patients with HF. This intervention is recommended as an adjunct therapy in the nursing care of patients with cardiovascular disorders.

Keywords: Heart failure, decreased cardiac output, Alternate Nostril Breathing Exercise.