

ABSTRAK

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Implementasi Latihan Pernapasan Diafragma (*Diaphragmatic Breathing Exercise*) Terhadap Pola Napas Tidak Efektif Pada Pasien *Congestive Heart Failure* (CHF) Di Ruang ICCU RSUD dr H Koesnadi Bondowoso

xiv + 83 Halaman + 17 Tabel + 7 Lampiran

Abstrak

Latar belakang: *Congestive Heart Failure* (CHF) merupakan sindrom klinis kronis yang ditandai oleh ketidakmampuan jantung memompa darah secara efektif, yang berdampak pada kongesti paru dan gangguan pola napas seperti dispnea dan takipnea. Salah satu pendekatan nonfarmakologis yang efektif untuk memperbaiki pola napas pada pasien CHF adalah latihan pernapasan diafragma (*diaphragmatic breathing exercise*/DBE). **Tujuan:** Mengetahui implementasi latihan pernapasan diafragma terhadap perbaikan pola napas tidak efektif pada pasien CHF di ruang ICCU RSUD dr. H. Koesnadi Bondowoso. **Metode:** Penelitian ini menggunakan desain studi kasus terhadap tiga pasien CHF yang mengalami pola napas tidak efektif. Intervensi DBE diberikan dengan durasi 5–10 menit per sesi, tiga kali sehari, selama beberapa hari perawatan. Evaluasi dilakukan berdasarkan frekuensi napas, penggunaan otot bantu napas, dan saturasi oksigen sebelum dan sesudah intervensi. **Hasil:** Setelah dilakukan latihan pernapasan diafragma secara rutin, seluruh pasien menunjukkan perbaikan pola napas berupa penurunan frekuensi napas ke rentang normal, berkurangnya penggunaan otot bantu napas, dan peningkatan saturasi oksigen $\geq 95\%$. Pasien juga melaporkan penurunan tingkat sesak berdasarkan Borg Scale. **Kesimpulan:** Latihan pernapasan diafragma terbukti efektif sebagai intervensi keperawatan nonfarmakologis dalam memperbaiki pola napas pada pasien CHF. Intervensi ini dapat menjadi bagian dari asuhan keperawatan holistik di ruang intensif.

Kata Kunci: Congestive Heart Failure, pola napas tidak efektif, latihan pernapasan diafragma, keperawatan, ICCU

ABSTRACT

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Implementation of Diaphragmatic Breathing Exercises on Ineffective Breathing Patterns in Congestive Heart Failure (CHF) Patients in the ICCU Room of Dr. H. Koesnadi Bondowoso Regional Hospital

xiv + 83 Pages + 17 Tables + 7 Attachments

Abstract

Background: Congestive Heart Failure (CHF) is a chronic clinical syndrome characterized by the heart's inability to pump blood effectively, leading to pulmonary congestion and breathing pattern disorders such as dyspnea and tachypnea. One effective non-pharmacological approach to improve breathing patterns in CHF patients is diaphragmatic breathing exercise (DBE). **Objective:** To determine the implementation and effect of diaphragmatic breathing exercises on improving ineffective breathing patterns in CHF patients in the ICCU of RSUD dr. H. Koesnadi Bondowoso. **Methods:** This study used a case study design involving three CHF patients experiencing ineffective breathing patterns. The DBE intervention was applied for 5–10 minutes per session, three times a day, during several days of treatment. Evaluation focused on changes in respiratory rate, use of accessory muscles, and oxygen saturation before and after the intervention. **Result:** After regular diaphragmatic breathing exercises, all patients showed improved breathing patterns, marked by normalized respiratory rates, reduced use of accessory muscles, and increased oxygen saturation levels ($\geq 95\%$). Patients also reported reduced dyspnea levels based on the Borg Scale. **Conclusion:** Diaphragmatic breathing exercise is proven to be an effective, non-pharmacological nursing intervention to improve breathing patterns in CHF patients. It can be integrated as part of holistic nursing care in intensive care units.

Keywords: Congestive Heart Failure, ineffective breathing pattern, diaphragmatic breathing exercise, nursing care, ICCU