

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER

PROGRAM STUDI PROFESI NERS

FAKULTAS ILMU KESEHATAN

Karya Ilmiah Akhir, 17 Juli 2025

Nizar Ali Hasan

Asuhan Keperawatan Pemberian Terapi Fisik Latihan Napas Dalam (*Slow Deep Breathing*) Dengan Pola Napas Tidak Efektif Pada Klien *Heart Failure* Di Ruang Paviliun Teratai Rsud Dr H Koesnadi Bondowoso

xiv + 100 hal + 13 tabel + 4 lampiran

Abstrak

Introduksi : Pasien dengan *Heart Failure* sering mengalami gangguan sistem pernapasan berupa sesak napas akibat penurunan curah jantung dan kongesti paru. Kondisi ini tidak hanya menurunkan kenyamanan fisik, tetapi juga berdampak pada kualitas tidur, kecemasan, dan penurunan aktivitas fungsional pasien. Upaya pengelolaan yang tepat sangat diperlukan agar pasien mampu bernapas lebih efektif dan mencegah kelelahan napas berulang. Salah satu pendekatan non-farmakologis yang dapat digunakan adalah *Slow Deep Breathing*, yaitu latihan napas dalam secara teratur dan terkontrol untuk meningkatkan ventilasi paru dan menurunkan beban pernapasan. Tujuan penelitian ini adalah untuk mengetahui efektivitas *Slow Deep Breathing* pola napas tidak efektif pada pasien *Heart Failure* di Ruang Paviliun Teratai RSUD dr. H. Koesnadi Bondowoso.

Metode : Penelitian ini merupakan studi kasus terhadap tiga pasien *Heart Failure* dengan masalah keperawatan pola napas tidak efektif. Data dikumpulkan melalui wawancara, lembar observasi skala borg (*Modified Borg Dyspnea Scale*) selama tiga hari berturut-turut. Evaluasi dilakukan menggunakan form SOAP.

Hasil : Sebelum terapi, 2 pasien mengalami sesak berat (skala borg 5-6) dan satu pasien sesak agak berat (skala borg 4). Setelah 3 hari di intervensi, seluruh pasien menunjukkan penurunan skor borg menjadi 4 – 3 (sesak agak berat – sesak ringan). Perubahan juga tampak pada pasien dengan penurunan keluhan sesak napas, berkurangnya penggunaan otot bantu napas, dan ekspresi wajah yang lebih tenang.

Diskusi : Terapi *Slow Deep Breathing* efektif dalam menurunkan sesak napas pada pasien *Heart Failure*. Terapi ini membantu pasien mengurangi sesak napas dan meningkatkan kenyamanan pernapasan. Efektivitas terapi diperkuat oleh edukasi berulang, posisi terapeutik yang tepat, serta keterlibatan aktif pasien selama proses latihan.

Kata Kunci *Heart Failure*, Sesak napas, *Slow Deep Breathing*, Skala Borg

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
NURSING PROFESSIONAL STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Final Scientific Paper, July 17th, 2025
Nizar Ali Hasan

Nursing Care on the Administration of Physical Therapy with Slow Deep Breathing for Ineffective Breathing Pattern in Heart Failure Clients at Teratai Pavilion Room, RSUD Dr. H. Koesnadi Bondowoso

xiv + 100 pages + 13 tables + 4 appendices

Abstract

Introduction: Patients with heart failure often experience respiratory disorders such as shortness of breath due to decreased cardiac output and pulmonary congestion. This condition not only reduces physical comfort but also affects sleep quality, increases anxiety, and decreases patients' functional activity. Proper management is needed to help patients breathe more effectively and prevent recurrent respiratory fatigue. One non-pharmacological approach that can be used is Slow Deep Breathing, a technique of controlled and regular deep breathing to improve lung ventilation and reduce respiratory load. This study aimed to determine the effectiveness of Slow Deep Breathing for ineffective breathing pattern in heart failure patients in the Teratai Pavilion Room of RSUD Dr. H. Koesnadi Bondowoso.

Methods: This study used a case study approach involving three heart failure patients with the nursing problem of ineffective breathing pattern. Data were collected through interviews and observation sheets using the Modified Borg Dyspnea Scale, carried out over three consecutive days. Evaluation was conducted using the SOAP format.

Results: Before therapy, two patients experienced severe dyspnea (Borg scale 5–6) and one patient experienced moderately severe dyspnea (Borg scale 4). After three days of intervention, all patients showed a reduction in Borg score to 4–3 (moderate to mild dyspnea). Clinical improvements were also observed, including reduced shortness of breath, decreased use of accessory respiratory muscles, and more relaxed facial expressions.

Discussion: Slow Deep Breathing therapy is effective in reducing dyspnea in heart failure patients. This therapy helps improve respiratory comfort and reduce respiratory effort. Its effectiveness is supported by repeated education, proper therapeutic positioning, and active patient participation during the breathing sessions.

Keywords: Heart Failure, Dyspnea, Slow Deep Breathing, Borg Scale