

ABSTRAK

ASUHAN KEPERAWATAN PADA KLIEN *CONGESTIVE HEART FAILURE* (CHF) DENGAN MASALAH PENURUNAN CURAH JANTUNG

Congestive Heart Failure (CHF) merupakan ketidakmampuan jantung memompa darah untuk memenuhi kebutuhan oksigen nutrisi ke jaringan tubuh. Penurunan curah jantung dapat memperburuk kondisi klinis klien dan menyebabkan kematian apabila tidak mendapat penanganan yang tepat. Tujuan penulisan ini untuk mengetahui gambaran asuhan keperawatan pada klien *Congestive Heart Failure* (CHF) dengan masalah Penurunan curah jantung.

Penulisan ini merupakan penulisan studi kasus dengan pendekatan asuhan keperawatan yang menganalisis 2 kasus. Subjek penulisan merupakan klien CHF di Ruang Jantung RSPAL dr. Ramelan Surabaya. Fokus penulisan ini yaitu asuhan keperawatan holistik pada klien CHF dengan menggunakan metode pengambilan data berupa asuhan keperawatan.

Pengkajian dilakukan pada 2 klien didapatkan data subjektif yang sama yakni mengeluh sesak setelah beraktivitas dan sering terbangun pada malam hari. Diagnosa keperawatan yang muncul adalah penurunan curah jantung berhubungan dengan perubahan afterload ditandai dengan sesak saat beraktivitas, distensi vena jugularis, peningkatan tekanan darah dan nadi teraba lemah. Intervensi dan Implementasi yang diberikan pada kedua klien dengan penurunan curah jantung yaitu perawatan jantung selama 3 hari. Setelah dilakukan intervensi diperoleh hasil curah jantung meningkat.

Evaluasi kedua klien terbukti bahwa perawatan jantung efektif dalam mencegah komplikasi lebih lanjut serta membantu meningkatkan curah jantung pada klien CHF.

Kata Kunci : *Congestive Heart Failure* (CHF), penurunan curah jantung, perawatan jantung

ABSTRACT

NURSING CARE FOR CLIENTS WITH CONGESTIVE HEART FAILURE (CHF) EXPERIENCING DECREASED CARDIAC OUTPUT

Congestive Heart Failure (CHF) was defined as the inability of the heart to pump blood adequately to meet the body's oxygen and nutrient demands. A decrease in cardiac output could worsen the client's clinical condition and potentially lead to death if not managed appropriately. The purpose of this study was to describe the nursing care of clients with Congestive Heart Failure (CHF) who experienced decreased cardiac output.

This study employed a case study design using a nursing care approach that analyzed two cases. The subjects of this study were CHF clients treated in the Cardiac Ward of RSPAL dr. Ramelan Surabaya. The focus of this study was on providing holistic nursing care for CHF clients through the implementation of nursing care procedures.

The assessment was conducted on two clients, and similar subjective data were obtained, namely complaints of shortness of breath after activity and frequent awakenings during the night. The identified nursing diagnosis was decreased cardiac output related to changes in afterload, as evidenced by shortness of breath during activity, jugular vein distension, increased blood pressure, and a weak palpable pulse. Interventions and implementations provided to both clients with decreased cardiac output included cardiac care over a period of three days. After the interventions were implemented, the results indicated an improvement in cardiac output.

The evaluation of both clients demonstrated that cardiac care was effective in preventing further complications and in improving cardiac output among clients with CHF.

Keywords : *Congestive Heart Failure (CHF), decreased cardiac output, cardiac care*