

**ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI
TERAPI KOMPLEMENTER *DEEP BREATHING EXERCISE*
DAN *SLOW STROKE BACK MASSAGE* TERHADAP NYERI
AKUT PADA PASIEN DENGAN *CONGESTIVE HEART FAILURE*
(CHF) DI RUANG CEMARA 1 RS BHAYANGKARA TINGKAT I
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Abstrak

Pasien *Congestive Heart Failure* biasanya mengeluh sesak napas di malam hari hingga ortopnea, edema ekstremitas, dan ketidaknyamanan pada area abdomen terutama pada kuadran kanan-atas. Akibat nyeri tersebut terjadi peningkatan aktivasi simpatis sehingga berdampak pada peningkatan kerja jantung serta berkontribusi memperburuk gejala penderita CHF. Nyeri di area epigastrium atau ulu hati pada CHF disebabkan adanya kemacetan pasif yang dihasilkan dari stasis portal sehingga terjadi gangguan hemodinamik pada sirkulasi *splanchnic*. Perawat berperan dalam manajemen nyeri secara non-farmakologis kepada penderita CHF dengan memberikan terapi komplementer. Terapi komplementer yang diterapkan dalam penelitian ini adalah *deep breathing exercises* dan *slow stroke back massage*. Karya ilmiah ini bertujuan untuk menganalisis efektivitas terapi DBE dan SSBM terhadap nyeri akut pada pasien CHF di Ruang Cemara 1 RS Bhayangkara Tingkat I Raden Said Sukanto. Setelah dilakukan intervensi DBE dan SSBM selama tiga hari sebanyak satu kali per hari dalam 15-20 menit masalah nyeri akut dapat teratasi pada pasien kelolaan, sedangkan pasien *resume* hanya mengalami penurunan skala nyeri. Perbedaan perubahan intensitas nyeri antar pasien disebabkan oleh: 1) faktor fisiologis berupa perbedaan kondisi klinis yang memengaruhi keefektifan terapi; 2) faktor psikososial yaitu persepsi dan toleransi pasien terhadap nyeri yang dirasakan.

Kata Kunci: *Deep breathing exercises, Congestive heart failure, Nyeri akut, Slow stroke back massage, Terapi komplementer*

**ANALYSIS OF NURSING CARE WITH COMPLEMENTARY
THERAPY INTERVENTION DEEP BREATHING EXERCISE
AND SLOW STROKE BACK MASSAGE TOWARDS ACUTE
PAIN IN PATIENTS WITH CONGESTIVE HEART FAILURE
(CHF) IN ROOM CEMARA 1 AT BHAYANGKARA LEVEL I
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Abstract

Congestive heart failure patients usually complain of shortness of breath at night to orthopnea, extremities edema, and discomfort in the abdominal area, especially in the right-upper quadrant. As a result of this pain, there is an increase in sympathetic activation so it has an impact on increasing the work of the heart and contributing to worsening the symptoms of CHF. Epigastric pain or heartburn in CHF is caused by passive congestion effect from portal stasis and resulting in hemodynamic disturbances in the splanchnic circulation. Nurses play a role in non-pharmacological pain management for CHF patients by providing complementary therapies. Complementary therapies applied in this study are deep breathing exercises and slow stroke back massage. This scientific work aims to analyze the effectiveness of DBE and SSBM therapy for acute pain in CHF patients in Cemara 1 Hospital Bhayangkara Level I Raden Said Sukanto. After the DBE and SSBM interventions were carried out for three days once per day in 15-20 minutes, the acute pain problems could be resolved in first patients, while the second patients only experienced a decrease in the pain scale. Differences changes in pain intensity between patients are caused by: 1) physiological factors in the form of differences in clinical conditions that affect the effectiveness of therapy; 2) psychosocial factors, namely the patient's perception and tolerance of the pain he feels.

Keywords: Deep breathing exercises, Congestive heart failure, Acute pain, Slow stroke back massage, Complementary therapy