

ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI *HAND HELD FAN THERAPY* TERHADAP SKALA DYSPNEA PADA PASIEN DENGAN *CONGESTIVE HEART FAILURE (CHF)* DI INSTALASI GAWAT DARURAT RSUD PASAR MINGGU

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ABSTRAK

Gagal jantung kongestif (Congestive Heart Failure/CHF) merupakan salah satu kondisi kardiovaskular yang sering menimbulkan dispnea sehingga menjadi alasan utama kunjungan ke Instalasi Gawat Darurat (IGD). Penanganan cepat dan tepat dibutuhkan untuk mencegah perburukan fungsi pernapasan dan hemodinamik. Studi kasus ini bertujuan menganalisa penerapan terapi *hand-held fan* sebagai intervensi non-farmakologis untuk mengurangi dispnea pada pasien dengan CHF di IGD. Pengkajian awal dilakukan di ruang triase, mencakup pemeriksaan tanda vital, observasi pola napas, dan identifikasi skala dispnea. Diagnosa keperawatan utama pada pasien adalah pola napas tidak efektif. Intervensi *hand-held fan* diberikan selama 5 menit dengan jarak 15 cm dan dilakukan sebanyak satu kali sebelum terapi farmakologis diberikan. Hasil evaluasi menunjukkan perbaikan pada parameter fisiologis, meliputi penurunan frekuensi napas, peningkatan saturasi oksigen, serta penurunan frekuensi nadi. Temuan ini mendukung penggunaan terapi *hand-held fan* sebagai intervensi sederhana, aman, murah, dan efektif untuk membantu mengurangi dispnea pada pasien CHF di IGD. Studi ini diharapkan dapat menjadi rujukan dalam praktik keperawatan gawat darurat berbasis *evidence-based practice*, khususnya dalam manajemen dispnea.

Kata kunci: Dispnea, Gagal Jantung Kongestif, *Hand-Held Fan Therapy*, Instalasi Gawat Darurat, Intervensi Non-Farmakologis

**ANALYSIS OF NURSING CARE WITH HAND-HELD FAN THERAPY
INTERVENTION ON DYSPNEA SCALE IN PATIENTS WITH CONGESTIVE
HEART FAILURE (CHF) IN THE EMERGENCY DEPARTMENT OF PASAR
MINGGU REGIONAL HOSPITAL**

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ABSTRACT

Congestive Heart Failure (CHF) is a common cardiovascular condition that often triggers dyspnea, making it one of the leading reasons for visits to the Emergency Department (ED). Rapid and appropriate management is essential to prevent deterioration of respiratory and hemodynamic function. This case study aims to analyze the application of hand-held fan therapy as a non-pharmacological intervention to reduce dyspnea in patients with CHF in the ED. The initial assessment was conducted in the triage area, including vital sign measurement, observation of breathing patterns, and identification of dyspnea scale. The primary nursing diagnosis established for the patient was ineffective breathing pattern. The hand-held fan intervention was administered for 5 minutes at a distance of 15 cm and performed once before pharmacological therapy was initiated. Evaluation results demonstrated improvements in physiological parameters, including a decrease in respiratory rate, an increase in oxygen saturation, and a reduction in pulse rate. These findings support the use of hand-held fan therapy as a simple, safe, low-cost, and effective intervention to help alleviate dyspnea in CHF patients in the ED. This study is expected to serve as a reference for evidence-based emergency nursing practice, particularly in the management of acute dyspnea.

Keywords: *Congestive Heart Failure, Dyspnea, Hand-Held Fan Therapy, Emergency Department, Non-Pharmacological Intervention*