

ABSTRAK

Minda Juwita (2026). Asuhan Keperawatan Pada Klien *Congestive Heart Failure* (CHF) Dengan Masalah Keperawatan Peningkatan Curah Jantung di RSUD Bangkinang Tahun 2026. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Riau, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Nia Khusniyati, M.Kep.,Sp.Kep.MB (II) Ns. Yoza Misra Fatmi, M.Kep.,Sp.Kep.MB

Congestive Heart Failure (CHF) merupakan sindrom klinis akibat ketidakmampuan jantung memompa darah secara adekuat untuk memenuhi kebutuhan metabolisme tubuh sehingga dapat menyebabkan penurunan curah jantung. Kondisi ini ditandai dengan sesak napas, mudah lelah, intoleransi aktivitas, dan gangguan perfusi jaringan. Tujuan studi kasus ini adalah menggambarkan asuhan keperawatan pada pasien CHF dengan masalah keperawatan penurunan curah jantung di RSUD Bangkinang. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah satu orang pasien perempuan berusia 56 tahun dengan diagnosis medis CHF yang dirawat selama tiga hari. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi medis. Hasil pengkajian menunjukkan pasien mengalami sesak napas, mudah lelah, jantung berdebar, serta riwayat hipertensi. Diagnosis keperawatan yang ditegakkan adalah penurunan curah jantung berhubungan dengan perubahan kontraktilitas miokard. Intervensi meliputi pemantauan tanda vital, terapi oksigen, posisi *semi Fowler*, edukasi pembatasan cairan, pemantauan aktivitas, kepatuhan pengobatan, dan latihan relaksasi napas dalam. Evaluasi menunjukkan penurunan sesak napas, perbaikan tanda vital, serta peningkatan kemampuan pasien melakukan teknik relaksasi napas dalam secara mandiri. Masalah penurunan curah jantung teratasi sebagian.

Kata Kunci: *Congestive Heart Failure*, penurunan curah jantung, asuhan keperawatan.

ABSTRACT

Minda Juwita (2026). Nursing Care for a Client with Congestive Heart Failure (CHF) Experiencing Decreased Cardiac Output at Bangkinang Regional General Hospital in 2026. Scientific Case Study, Riau DIII Nursing Study Program, Department of nursing, Health Polytechnic of Health Riau. Supervisor. Pembimbing (I) Ns. Nia Khusniyati, M.Kep.,Sp.Kep.MB (II) Ns. Yoza Misra Fatmi,M.Kep.,Sp.Kep.MB

Congestive Heart Failure (CHF) is a clinical syndrome caused by the heart's inability to pump blood adequately to meet the body's metabolic needs, resulting in decreased cardiac output. This condition is characterized by shortness of breath, fatigue, activity intolerance, and impaired tissue perfusion. The purpose of this case study was to describe nursing care for a patient with CHF experiencing decreased cardiac output at Bangkinang Regional General Hospital. This study employed a descriptive case study design using the nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject was a 56-year-old female patient diagnosed with CHF who was hospitalized for three days. Data were collected through interviews, observation, physical examination, and medical record documentation. The assessment revealed that the patient experienced dyspnea, fatigue, palpitations, and had a history of hypertension. The nursing diagnosis established was decreased cardiac output related to altered myocardial contractility. Interventions included monitoring vital signs, oxygen therapy, semi-Fowler positioning, fluid restriction education, activity monitoring, medication adherence, and deep breathing relaxation exercises. Evaluation showed reduced dyspnea, improvement in vital signs, and increased ability to perform deep breathing relaxation techniques independently. The problem of decreased cardiac output was partially resolved.

Keywords: Congestive Heart Failure, decreased cardiac output, nursing care.