

## ABSTRAK

Asuhan Keperawatan Pada Tn. B yang Mengalami Congestive Heart Failure (CHF) dengan Masalah Keperawatan Intoleransi Aktivitas di Ruang IRNA A Wanita RSUD Dumai. Intan Callista (2026), Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Dr. Ibnu Rusdi, S.Kp., M.Kes., Pembimbing (II) Ns. Ardenny, S.Kep., M.Kep.

*Congestive Heart Failure* (CHF) merupakan kondisi ketidakmampuan jantung memompa darah secara adekuat sehingga kebutuhan metabolisme tubuh tidak terpenuhi. Kondisi ini dapat menimbulkan gejala sesak napas, mudah lelah, dan penurunan toleransi aktivitas. **Tujuan** studi kasus ini adalah mendeskripsikan penerapan asuhan keperawatan pada klien dengan CHF yang mengalami intoleransi aktivitas di RSUD Dumai. **Metode** yang digunakan adalah studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi pada satu pasien selama 4×24 jam. **Hasil** pengkajian menunjukkan klien mengalami sesak napas saat beraktivitas, mudah lelah, dan keterbatasan aktivitas. Diagnosis keperawatan yang ditegakkan adalah intoleransi aktivitas. Intervensi yang diberikan meliputi pemantauan tanda vital, terapi oksigen, manajemen energi, terapi aktivitas, dan edukasi aktivitas bertahap. Evaluasi menunjukkan adanya penurunan sesak napas dan kelelahan serta peningkatan toleransi aktivitas. **Disimpulkan** bahwa asuhan keperawatan yang diberikan efektif dalam mengatasi intoleransi aktivitas pada klien dengan CHF. **Disarankan** agar klien mematuhi pengobatan dan melakukan kontrol rutin untuk mencegah komplikasi.

**Kata Kunci:** Asuhan Keperawatan, Congestive Heart Failure, Intoleransi Aktivitas.

## **ABSTRACT**

*Nursing Care for Mr. B with Congestive Heart Failure (CHF) and Activity Intolerance Nursing Problem in the IRNA A Women's Ward of Dumai Regional General Hospital. Intan Callista (2026), Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Dr. Ibnu Rusdi, S.Kp., M.Kes., Supervisor (II) Ns. Ardenny, S.Kep., M.Kep.*

*Congestive Heart Failure (CHF) is a condition in which the heart is unable to pump blood adequately to meet the body's metabolic demands, resulting in symptoms such as shortness of breath, fatigue, and decreased activity tolerance. **Objective:** To describe the implementation of nursing care for a client with CHF experiencing activity intolerance at Dumai Regional General Hospital. **Methods:** This case study used a nursing process approach consisting of assessment, nursing diagnosis, intervention, implementation, and evaluation conducted on one patient for 4 × 24 hours. **Results:** The assessment showed that the client experienced shortness of breath during activities, fatigue, and limitations in performing daily activities. The nursing diagnosis established was activity intolerance. Interventions included monitoring vital signs, oxygen therapy, energy management, activity therapy, and gradual activity education. Evaluation indicated a reduction in shortness of breath and fatigue, as well as improved activity tolerance. **Conclusion:** The nursing care provided was effective in addressing activity intolerance in a client with CHF. **Recommendation:** Clients are advised to adhere to prescribed medications and attend regular follow-up visits to prevent complications.*

**Keywords:** *Activity Intolerance, Congestive Heart Failure, Nursing Care.*