

ABSTRAK

Asuhan Keperawatan pada Klien Gagal Jantung Kongestif dengan Masalah Keperawatan Intoleransi Aktivitas di RSUD Achmad Mochtar Bukit Tinggi. Suryana (2026), Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Yulianto, S.Kep., M.Pd., MPH, Pembimbing (II) Ns. Magdalena, SST., S.Kep., M.Kes.

Latar Belakang: Gagal Jantung Kongestif merupakan kondisi ketika jantung tidak mampu memompa darah secara efektif sehingga kebutuhan oksigen dan nutrisi jaringan tidak terpenuhi. Kondisi ini dapat menimbulkan masalah keperawatan intoleransi aktivitas yang ditandai dengan cepat lelah, sesak napas saat beraktivitas, dan kelemahan tubuh. **Tujuan:** Menggambarkan asuhan keperawatan pada klien Gagal Jantung Kongestif dengan masalah keperawatan intoleransi aktivitas di RSUD Achmad Mochtar Bukit Tinggi. **Metode:** Studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek studi kasus adalah Tn. A dengan diagnosis medis Gagal Jantung Kongestif. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. **Hasil:** Pengkajian pada Tn. A menunjukkan klien mengeluh cepat lelah, sesak napas saat beraktivitas, badan terasa lemah, serta aktivitas harian dibantu sebagian oleh keluarga. Intervensi difokuskan pada terapi aktivitas, pemberian oksigen, posisi semi Fowler, konservasi energi, dan edukasi. Setelah dilakukan asuhan keperawatan selama 4 x 24 jam, keluhan sesak dan lelah berkurang serta kemampuan aktivitas meningkat bertahap. **Kesimpulan:** Asuhan keperawatan komprehensif dapat membantu meningkatkan toleransi aktivitas klien. **Saran:** klien dan keluarga diharapkan menerapkan pengaturan aktivitas dan istirahat secara mandiri.

Kata Kunci: Gagal Jantung Kongestif, intoleransi aktivitas, penurunan curah jantung, asuhan keperawatan, terapi aktivitas.

ABSTRACT

Nursing Care for a Client with Congestive Heart Failure and Activity Intolerance Nursing Problem at Achmad Mochtar Regional Hospital Bukit Tinggi. Suryana (2026), Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Yulianto, S.Kep., M.Pd., MPH, Supervisor (II) Ns. Magdalena, SST., S.Kep., M.Kes.

Background: Congestive Heart Failure is a condition in which the heart is unable to pump blood effectively to meet the body's oxygen and nutrient needs. This condition may cause the nursing problem of activity intolerance, characterized by fatigue, shortness of breath during activity, and body weakness. **Objective:** This case study aimed to describe nursing care for a client with Congestive Heart Failure and activity intolerance at Achmad Mochtar Regional Hospital Bukit Tinggi. **Method:** The used was a case study with a nursing process approach, including assessment, nursing diagnosis, planning, implementation, and evaluation. The subject Tn. A with a medical diagnosis of Congestive Heart Failure. Data were collected through interviews, observation, physical examination, and documentation studies. **Results:** The assessment results showed that the client complained of fatigue, shortness of breath during activity, body weakness, and partial dependence on family members in performing daily activities. Nursing interventions focused on activity therapy, oxygen administration, semi-Fowler positioning, energy conservation, and education. After four days of nursing care, the client showed improvement, indicated by reduced shortness of breath and fatigue, as well as gradually increased activity ability. **Conclusion:** comprehensive nursing care can help improve the client's activity tolerance. **Recommendation:** That the client and family continue to manage activity and rest independently.

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