

ABSTRAK

Susian Wulan Syawitri (2026). *Asuhan Keperawatan pada Klien Congestive Heart Failure (CHF) dengan Masalah Keperawatan Penurunan Curah Jantung di RSUD Arifin Achmad Pekanbaru*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan keperawatan, Kemenkes Poltekkes Riau. Pembimbing (I) Ns. Sari Anggela, M. Kep., Sp. Kep.A (II) Ns. Masnun, SST.,S.Kep.,M.Biomed.

Congestive Heart Failure (CHF) merupakan sindrom klinis yang ditandai dengan ketidakmampuan jantung memompa darah secara adekuat untuk memenuhi kebutuhan metabolisme tubuh sehingga dapat menyebabkan penurunan curah jantung. Studi kasus ini bertujuan memberikan asuhan keperawatan pada klien CHF dengan masalah penurunan curah jantung di RSUD Arifin Achmad Pekanbaru. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan pada satu klien. Hasil pengkajian menunjukkan pasien mengalami sesak napas, mudah lelah, palpitasi, bunyi jantung S3, edema ekstremitas bawah, kardiomegali, dan edema paru. Diagnosis keperawatan adalah penurunan curah jantung berhubungan dengan penurunan kontraktilitas miokard. Intervensi meliputi pemantauan tanda vital, status pernapasan dan edema, posisi semi Fowler, terapi oksigen, edukasi aktivitas bertahap, edukasi gaya hidup sehat, dan kolaborasi terapi medis. Setelah implementasi selama 3×24 jam, kondisi pasien membaik dengan berkurangnya sesak dan palpitasi, meningkatnya toleransi aktivitas, serta perbaikan tanda vital, meskipun masalah keperawatan baru teratasi sebagian. Disarankan pasien dan keluarga meningkatkan pengetahuan tentang CHF, mematuhi pengobatan dan diet, membatasi aktivitas berat, menghentikan kebiasaan merokok, serta rutin melakukan kontrol kesehatan untuk mencegah kekambuhan dan komplikasi.

Kata kunci: Asuhan keperawatan, *Congestive Heart Failure (CHF)*, gagal jantung, penurunan curah jantung

ABSTRACT

Susian Wulan Syawitri (2026). Nursing Care for Clients with Congestive Heart Failure (CHF) with Nursing Problems of Decreased Cardiac Output at Arifin Achmad Regional General Hospital, Pekanbaru. Scientific Paper Case Study, DIII Nursing Study Program, Hemorrhage Department, Ministry of Health, Riau Health Polytechnic. Supervisor (I) Ns. Sari Anggela, M.Kep., Sp.Kep.A (II) Ns. Masnun, SST., S. Kep., M. Biomed.

Congestive Heart Failure (CHF) is a clinical syndrome caused by the heart's inability to pump blood adequately, resulting in decreased cardiac output. This case study aimed to provide nursing care for a patient with CHF experiencing decreased cardiac output at Arifin Achmad Regional General Hospital, Pekanbaru. The method used was a descriptive case study employing the nursing process approach in a single patient. The assessment findings revealed that the patient experienced dyspnea, fatigue, palpitations, an S3 heart sound, lower extremity edema, cardiomegaly, and pulmonary edema. The nursing diagnosis was decreased cardiac output related to reduced myocardial contractility. Nursing interventions included monitoring vital signs, respiratory status, and edema, positioning the patient in the semi fowler's position, administering oxygen therapy; providing education on gradual physical activity and a healthy lifestyle, and collaborating in medical therapy. After implementing nursing care for three consecutive days (3×24 hours), the patient's condition improved, as indicated by reduced dyspnea and palpitations, increased activity tolerance, and improved vital signs, although the nursing problem was only partially resolved. It is recommended that patients and their families improve their knowledge of CHF, adhere to medication and dietary recommendations, limit strenuous physical activity, quit smoking, and attend regular health check-ups to prevent recurrence and complications.

Keywords: Nursing care, Congestive Heart Failure (CHF), heart failure, decreased cardiac output.