

ABSTRAK

Asuhan Keperawatan pada Klien *Congestive Heart Failure* (CHF) dengan Masalah Keperawatan Penurunan Curah Jantung di RSUD Achmad Mochtar Bukit Tinggi. Natasya Fermatasari (2026), Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Wiwiek Delvira, M.Kep, Pembimbing (II) Kustiasih Lestari, SKM., M.Si.

Congestive Heart Failure (CHF) dengan gagal pompa sistolik berat mengakibatkan penurunan curah jantung yang mengancam jiwa dan memicu intoleransi aktivitas. Studi kasus tunggal ini bertujuan menggambarkan asuhan keperawatan komprehensif pada Tn. H dengan CHF di RSUD Achmad Mochtar Bukit Tinggi selama 4 hari perawatan dimulai 4 Maret 2026. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Hasil pengkajian menunjukkan Tn. H mengeluh sesak napas, *orthopnea*, dada berdebar, lemas, terdapat ronkhi, pitting edema, CRT 3 detik, serta *Ejection Fraction* (EF) 24%. Intervensi difokuskan pada tindakan mandiri berupa pemberian posisi semi-Fowler (30°–45°), monitoring hemodinamik, pembatasan asupan cairan ketat (balans negatif), edukasi aktivitas bertahap, serta kolaborasi oksigen dan diuretik. Setelah tindakan 4x24 jam, evaluasi menunjukkan masalah penurunan curah jantung dan intoleransi aktivitas teratasi sebagian, ditandai sesak napas berkurang, tanda vital stabil, ronkhi bersih, edema berkurang, dan toleransi aktivitas meningkat. Kesimpulannya, reposisi semi-Fowler dan manajemen cairan efektif memperbaiki status sirkulasi klien. Keluarga diharapkan patuh dalam pembatasan cairan dan pengobatan di rumah.

Kata Kunci: *Congestive Heart Failure*, Penurunan Curah Jantung, Intoleransi Aktivitas, Asuhan Keperawatan, Posisi Semi-Fowler.

ABSTRACT

Nursing Care for a Client with Congestive Heart Failure (CHF) Experiencing Decreased Cardiac Output at RSUD Achmad Mochtar Bukit Tinggi. Natasya Fermatasari (2026), Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health in Riau. Advisor (I) Ns. Wiwiek Delvira, M.Kep, Advisor (II) Kustiasih Lestari, SKM., M.Si.

Congestive Heart Failure (CHF) with severe systolic pump failure causes a life-threatening decrease in cardiac output and triggers activity intolerance. This single-case study aimed to describe comprehensive nursing care for Mr. H with CHF at RSUD Achmad Mochtar Bukit Tinggi over 4 days of care starting March 4, 2026. Data were collected via interviews, physical examination, and documentation. Assessment showed the client complained of dyspnea, orthopnea, palpitations, and weakness, with objective findings of crackles, pitting edema, CRT 3 seconds, and an Ejection Fraction (EF) of 24%. Interventions focused on independent actions: semi-Fowler's positioning (30°–45°), hemodynamic monitoring, strict fluid restriction (negative balance), gradual activity education, and collaboration on oxygen and diuretics. After 4x24 hours, evaluation showed both decreased cardiac output and activity intolerance were partially resolved, demonstrated by reduced dyspnea, stable vital signs, cleared crackles, decreased edema, and improved activity tolerance. In conclusion, semi-Fowler's positioning and fluid management effectively improved circulatory status. The family is expected to adhere to fluid restriction and home treatment.

Keywords: Congestive Heart Failure, Decreased Cardiac Output, Activity Intolerance, Nursing Care, Semi-Fowler's Position.