

# Dampak Home Based Exercise Training terhadap kapasitas fungsional dan kualitas hidup pasien Gagal Jantung di RSUD Ngudi Waluyo Wlingi = impact of home based exercise training to functional capacity and quality of life of patient with heart failure in ngudi waluyo general hospital

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## Abstrak

Penurunan toleransi latihan dan sesak nafas merupakan manifestasi klinis utama gagal jantung. Kondisi ini menyebabkan pasien tidak dapat melakukan aktivitas sehari-hari yang berakibat pada penurunan kapasitas fungsional dan kualitas hidup. Tujuan dari penelitian ini adalah mengidentifikasi dampak HBET terhadap kapasitas fungsional dan kualitas hidup pasien gagal jantung. Desain penelitian ini adalah quasi experiment, pre-post with control group. Teknik sampling yang digunakan purposive sampling, didapatkan 23 responden yang terbagi menjadi 11 responden kelompok kontrol dan 12 responden kelompok intervensi. Pengumpulan data kapasitas fungsional dilakukan dengan 6MWT dan kualitas hidup menggunakan MLHFQ.

Hasil pengukuran didapatkan perbedaan yang signifikan kapasitas fungsional dan kualitas hidup sebelum dan setelah perlakuan pada kedua kelompok. Hasil analisis kapasitas fungsional dan kualitas hidup setelah perlakuan antara kelompok kontrol dan intervensi tidak didapatkan perbedaan yang signifikan, walaupun kelompok intervensi mempunyai mean kapasitas fungsional dan kualitas hidup yang lebih baik. Berdasarkan hasil penelitian tersebut, HBET dapat digunakan sebagai modalitas keperawatan bagi pasien gagal jantung. HBET hendaknya dijadikan bagian integral dari management gagal jantung setelah keluar dari rumah sakit.

.....A reduced exercise tolerance and shortness of breathing are the main clinical manifestations in patient with heart failure. These conditions cause patient's inability to do their daily activities and lead to reduce functional capacity and quality of life. The aim of this study was to identify the impact of the home based exercise training to functional capacity and quality of life of heart failure patient. It used quasy experimental study design pre-post with control group, recruited 23 respondents with purposive sampling technique. They were divided into two groups, 11 respondents as control group and 12 respondents as experimental group. Functional capacity was obtain through observation of six minute walk test, quality of life data were collected by Minessota Living with Heart Failure Questionnaire.

The result showed that there was a significant difference of functional capacity and quality of life before and after intervention in both groups. Statistically, the result of functional capacity and quality of life data analysis after intervention showed that there wasn't significant difference in both groups, although the experimental group has a higher mean data of functional capacity and quality of life. Based on this study, HBET could be used as nursing modality for patient with heart failure. HBET should be integrated with heart failure management after discharging from hospital.