

# Analisis asuhan keperawatan kesehatan masyarakat perkotaan pada pasien gagal jantung kongestif Tn. W dengan anesietas di Ruang Gayatri Rs. Dr. Marzoeqi Mahdi Bogor = Analysis of Clinical Praticce of Urban Health Nursing in Congestive Heart Failure Patient Mr. W with Anxiety in Gayatri Room Dr. H. Marzoeqi Mahdi Hospital Bogor

Tania Khaerunnisa, author

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## Abstrak

[<b>ABSTRAK</b><br> Penyakit kardiovaskular seperti gagal jantung kongestif memiliki prevalensi yang tinggi yang dapat disebabkan oleh perubahan pola hidup pada masyarakat urban. Kenaikan prevalensi penyakit kardiovaskular berhubungan dengan proses urbanisasi yang progresif dan globalisasi dari pola hidup tidak sehat yang ada pada masyarakat urban atau perkotaan. Tanda klinis yang muncul serta proses hospitalisasi dapat menjadi salah satu faktor munculnya masalah psikososial pada pasien gagal jantung kongestif. Masalah psikososial yang sering ditemukan adalah ansietas. Penulisan karya ilmiah ini bertujuan memberikan analisis mengenai asuhan keperawatan ansietas pada pasien gagal jantung kongestif. Intervensi yang dianalisis meliputi relaksasi napas dalam, hipnosis lima jari, distraksi sosialisasi dan pemberian informasi. Evaluasi tindakan menunjukan bahwa lebih banyak tanda gejala yang menghilang saat memberikan kombinasi tarik napas dalam dan hipnosis lima jari selama lima hari perawatan.

<b>ABSTRACT</b><br> Cardiovascular disease such as congestive heart failure have high prevalence due to the transition of lifestyle in urban society. The increase of prevalence relates to the progressive and global urbanization which has unhealthy sedentary lifestyle in urban society. The presence of sign and symptom or hospitalization may cause the psychosocial problem in patient with CHF such as anxiety. The objective was to analyze the psychosocial nursing care plan specifically anxiety in CHF patient. Nursing intervention which has given are deep breathing relaxation, five finger hypnosis, distraction and health education. It shows that sign and symptom of anxiety decreased significantly when deep breathing and hypnosis is combined.;Cardiovascular disease such as congestive heart failure have high prevalence due to the transition of lifestyle in urban society. The increase of prevalence relates to the progressive and global urbanization which has unhealthy sedentary lifestyle in urban society. The presence of sign and symptom or hospitalization may cause the psychosocial problem in patient with CHF such as anxiety. The objective was to analyze the psychosocial nursing care plan specifically anxiety in CHF patient. Nursing intervention which has given are deep breathing relaxation, five finger hypnosis, distraction and health education. It shows that sign and symptom of anxiety decreased significantly when deep breathing and hypnosis is combined.;Cardiovascular disease such as congestive heart failure have high prevalence due to the transition of lifestyle in urban society. The increase of prevalence relates to the progressive and global urbanization which has unhealthy sedentary lifestyle in urban society. The presence of sign and symptom or hospitalization may cause the psychosocial problem in patient with CHF such as anxiety. The objective was to analyze the psychosocial nursing care plan specifically anxiety in CHF patient. Nursing intervention which has given are deep breathing relaxation, five finger hypnosis, distraction and health education. It shows that sign and symptom of anxiety decreased significantly when deep breathing and hypnosis is combined.;Cardiovascular disease such as congestive heart failure have high prevalence due to the transition

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