

# Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada pasien gagal jantung kongestif di ruang rawat penyakit dalam lantai 7 zona A Gedung A RSUPN Cipto Mangunkusumo = Analysis of clinical nursing practice of urban public health in patient of congestive heart failure in internal medicine room care 7th floor zone A building A Cipto Mangunkusumo Hospital

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## Abstrak

[<b>ABSTRAK</b><br> Sesak nafas merupakan keluhan yang umum terjadi pada penderita gagal jantung kongestif akibat penumpukan cairan. Pemberian semifowler derajat menjadi salah satu intervensi untuk mengurangi rasa sesak dan mencegah komplikasi akibat sesak.

Karya ilmiah akhir ners ini bertujuan menganalisis keefektifan pemberian posisi tidur 45 derajat dalam mengurangi sesak nafas pada penderita gagal jantung kongestif dengan pemberian posisi tidur 45 derajat. Implementasi ini dilakukan selama pasien mengeluh sesak nafas. Hasil perawatan selama lima hari menunjukkan bahwa pasien melaporkan terjadinya penurunan sesak nafas selama pemberian posisi tidur 45 derajat. Hal tersebut ditunjukkan dengan adanya penurunan laju pernafasan 4-6 kali permenit. Karya Ilmiah akhir ners ini merekomendasikan perlu dilakukan penelitian terkait efektivitas intervensi yang dilakukan dengan melihat perbedaan antara sebelum dan sesudah pemberian posisi 45o,90o, dan orthopnea.<b>ABSTRACT</b><b> Breathlessness is a common symptom in patient with congestive hearth failure

that caused by fluid retention. The semifowler position is one of the intervention to reduce the breathlessness and prevent the complications due to breathlessness. The aim of this study was to analyzing the effectiveness of 45 degrees position in reducing breathlessness in patient with congestive hearth failure. Implementation was performed while the patient had breathlessness. Results showed that patients reported a decrease in breathlessness during 45 degrees positions. Which was indicated by a decrease in respiratory rate 4-6 times per minute. This result suggest to perform research that identify the difference between before and after administration of 45o,90o, and orthopnea.;Breathlessness is a common symptom in patient with congestive hearth failure

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