

**POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEPERAWATAN TANJUNGPUR
PRODI DIII KEPERAWATAN TANJUNGPUR**

Laporan Karya Tulis Ilmiah, Tahun 2023

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**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN
RASA NYAMAN PADA PASIEN
CONGESTIVE HEART FAILURE (CHF)
DI RUANG TULIP RSUD Dr. H. ABDUL MOELOEK
PROVINSI LAMPUNG
TAHUN 2023**

xiv + 92 lembar + 12 tabel + 3 gambar + 4 lampiran

ABSTRAK

Data WHO Tahun 2015, menunjukkan bahwa 70% kematian di dunia diakibatkan oleh penyakit tidak menular dan 45% diantaranya disebabkan oleh penyakit jantung. Penyakit jantung sering menyebabkan penderitanya mengalami gangguan rasa nyaman. Studi kasus ini bertujuan untuk menggambarkan proses asuhan keperawatan gangguan kebutuhan rasa nyaman pada pasien dengan gagal jantung kongestif. Metode yang digunakan adalah asuhan keperawatan yang berfokus pada dua pasien dengan gangguan kebutuhan rasa nyaman. Teknik pengumpulan data yang digunakan yaitu pengkajian umum, pengkajian khusus nyeri, analisa data, intervensi, implementasi dan evaluasi keperawatan. Studi kasus ini dilaksanakan pada tanggal 09 hingga 14 Januari 2023. Tindakan keperawatan dilakukan selama 3 hari berturut-turut pada kedua pasien. Hasil yang diharapkan dari asuhan keperawatan pada subyek asuhan yaitu mampu memenuhi kriteria hasil yang diharapkan yaitu keluhan tidak nyaman menurun, gelisah menurun, keluhan nyeri menurun dan sikap protektif menurun ditandai dengan status kenyamanan meningkat. Dalam proses pelaksanaan didapatkan hasil penelitian kedua pasien mengalami gangguan rasa nyaman yaitu gelisah, mengeluh tidak nyaman, terkadang pada dada kiri pasien terasa sering berdebar dan pasien mengalami gangguan tidur. Peneliti melakukan pengkajian nyeri didapatkan skala nyeri sebelum dan sesudah diberikan intervensi, skala nyeri pasien 1 sebelum diberikan intervensi yaitu skala nyeri : 5, pasien 1 sering tampak meringis, dan bersikap protektif, sedangkan pada pasien kedua skala nyeri : 4. pasien mengeluh tidak nyaman, gelisah dan sulit tidur dikarenakan gejala penyakit, setelah dilakukan intervensi keperawatan dengan terapi relaksasi dan manajemen nyeri didapatkan pasien merasa lebih tenang dan nyaman skala nyeri menurun pasien 1 skala nyeri : 3 dan skala nyeri pasien 2 : 3, keluhan gelisah menurun, status kenyamanan meningkat.

Kata kunci : Gagal Jantung Kongestif, Gangguan Rasa Nyaman.

Daftar pustaka: 23 (2014-2020)

**TANJUNGGARANG HEALTH POLYTECHNIC
DEPARTMENT OF NURSING TANJUNGGARANG
TANJUNGGARANG DIII NURSING PROGRAM**

Final Project Report, 2023
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**NURSING CARE DISORDERS THE PATIENT'S NEED FOR COMFORT
COMFORT FOR THE PATIENT
CONGESTIVE HEART FAILURE (CHF)
AT TULIP ROOM RSUD DR. H. ABDUL MOELOEK
LAMPUNG PROVINCE
YEAR OF 2023**

xiv + 92 page + 12 tabel + 3 gambar + 4 lampiran

ABSTRACT

WHO data for 2015 shows that 70% of deaths in the world are caused by non-communicable diseases and 45% of them are caused by heart disease. Heart disease often causes sufferers to experience discomfort. This case study aims to describe the nursing care process that disrupts comfort needs in patients with congestive heart failure. The method used is nursing care which focuses on two patients with impaired comfort needs. The data collection techniques used are general assessment, specific pain assessment, data analysis, intervention, implementation and nursing evaluation. This case study was carried out from 09 to 14 January 2023. Nursing actions were carried out for 3 consecutive days on both patients. The expected results of nursing care for care subjects are being able to meet the expected outcome criteria, namely decreased complaints of discomfort, decreased anxiety, decreased complaints of pain and decreased protective attitudes as indicated by increased comfort status. In the implementation process, the results of the second research showed that the patient experienced disturbances in comfort, namely restlessness, complaining of discomfort, sometimes the patient's left chest felt pounding frequently and the patient experienced sleep disturbances. Researchers conducting a pain assessment obtained a pain scale before and after being given the intervention, patient 1's pain scale before being given the intervention was a pain scale of: 5, patient 1 often appeared to grimace, and was protective, while in the second patient the pain scale was: 4. The patient complained of discomfort, anxiety and difficulty sleeping due to disease symptoms, after nursing intervention with relaxation therapy and pain management it was found that the patient felt calmer and more comfortable, the patient's pain scale decreased to 1: 3 and the patient's pain scale was 2: 3, complaints of anxiety decreased, comfort status increased.

Keywords : Congestive Heart Failure, Disturbance of comfort.
Bibliography : 23 (2014-2020)