

ABSTRAK
EFEKTIVITAS PENERAPAN *ALTERNATE NOSTRIL BREATHING*
***EXERCISE* TERHADAP PENINGKATAN SATURASI OKSIGEN**
PADA PASIEN *CONGESTIVE HEART FAILURE*
DI RSUD KOTA MAKASSAR

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Gagal jantung atau *congestive heart* merupakan sindrom klinis yang terjadi akibat kelainan struktural atau fungsional pada jantung sehingga dapat menyebabkan gangguan oksigenisasi. Penanganan non farmakologi yang dapat dilakukan pada pasien CHF yaitu *alternate nostril breathing exercise*. Penelitian ini menggunakan studi kasus dengan membuat kesimpulan berdasarkan teknik *alternate nostril breathing exercise* terhadap peningkatan saturasi oksigen pada pasien *congestive heart failure*. Adapun tujuannya yaitu untuk mengetahui penerapan teknik *alternate nostril breathing exercise* dalam meningkatkan saturasi oksigen pada pasien dengan *congestive heart failure* di IGD RSUD Kota Makassar. Ditemukan keluhan utama sesak napas disertai batuk dan yeri dada yang menjalar ke punggung, TD 174/103 mmHg, frekuensi napas 32x/menit dan saturasi oksigen 91%, dan kesan thorax *cardiomegalipulmo* didapatkan masalah keperawatan utama yaitu bersihan jalan napas tidak efektif, penurunan curah jantung dan nyeri akut, Intervensi keperawatan utama adalah Manajemen jalan napas, perawatan jantung, dan manajemen nyeri. Implementasi dilakukan selama kurang lebih 15 menit. Evaluasi didapatkan keluhan sesak berkurang setelah dilakukan ANBE dengan RR : 25x/menit dan Spo2 : 98%. Sehingga dapat ditarik kesimpulan bahwa penerapan teknik *alternate nostril breathing exercise* pada pasien CHF dapat meningkatkan saturasi oksigen, akan tetapi penerapan ini diikuti oleh pemberian terapi oksigen untuk lebih memaksimalkan saturasi oksigen. Diharapkan ANBE dapat dijadikan sebagai intervensi mandiri pada pasien *congestive heart failure* yang mengalami *dispnea*.

Kata kunci : *Congestive heart failure*, saturasi oksigen, *alternate nostril breathing exercise*.

ABSTRACT
EFFECTIVENESS OF ALTERNATE NOSTRIL BREATHING EXERCISE
APPLICATION ON INCREASING OXYGEN SATURATION
IN CONGESTIVE HEART FAILURE PATIENTS IN
MAKASSAR CITY HOSPITAL

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Heart failure or congestive heart failure is a clinical syndrome that occurs due to structural or functional abnormalities in the heart that can cause impaired oxygenation. Non-pharmacological treatment that can be done in CHF patients is alternate nostril breathing exercise. This study uses a case study by making conclusions based on the alternate nostril breathing exercise technique to increase oxygen saturation in patients with congestive heart failure. The aim is to determine the application of the alternate nostril breathing exercise technique in increasing oxygen saturation in patients with congestive heart failure in the Emergency Room of Makassar City Hospital. The main complaint was shortness of breath accompanied by coughing and chest pain radiating to the back, BP 174/103 mmHg, respiratory rate 32x/minute and oxygen saturation 91%, and the impression of thorax cardiomegalypulmo obtained the main nursing problems were ineffective airway clearance, decreased cardiac output and acute pain, The main nursing interventions are Airway management, heart care, and pain management. Implementation was carried out for approximately 15 minutes. Evaluation obtained complaints of shortness of breath decreased after ANBE with RR: 25x / minute and Spo2: 98%. So it can be concluded that the application of the alternate nostril breathing exercise technique in CHF patients can increase oxygen saturation, but this application is followed by oxygen therapy to maximize oxygen saturation. It is expected that ANBE can be used as an independent intervention in congestive heart failure patients who experience dyspnea.

Keywords: Congestive heart failure, oxygen saturation, alternate nostril breathing exercise.