

ABSTRAK
PENERAPAN POSISI SEMI FOWLER TERHADAP KUALITAS TIDUR
PADA PASIEN *CONGESTIVE HEART FAILURE*

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Latar Belakang, *Congestive Heart Failure (CHF)* atau yang lebih di kenal gagal jantung merupakan kondisi dimana jantung tidak dapat memompa darah yang cukup dalam pemenuhan kebutuhan oksigen dan nutrisi. Berdasarkan data Indonesia yang masuk pada riset kesehatan dasar pada tahun 2018 penyakit gagal jantung yang ada di Indonesia berdasarkan diagnosis dokter di perkirakan sekitar 29.550 penderita. **Tujuan penelitian,** mengetahui gambaran penerapan posisi semi fowler pada pasien *Congestive Heart Failure*. **Metode,** penelitian deskriptif dengan desain studi kasus, pengumpulan data dilakukan melalui lembar observasi dan pengkajian sedangkan alat yangdigunakan yaitu functional bed dan bantal. **Hasil studi kasus,** didapatkan hasil bahwa posisi semi fowler ini dilakukan setiap pemberian penerapan dilakukan sebelum pasien tidur dengan melakukan pemberian posisi dimana bagian kepala tempat tidur dinaikkan setinggi 45 derajat. **Kesimpulan,** penerapan posisi semi fowler yang dilakukan efektif meningkatkan kualitas tidur pasien gagal jantung karena posisi tersebut meningkatkan ekspansi paru sehingga tidak tertekan diagfarma.

Kata Kunci : *congestive heart failure*, kualitas tidur, posisi semi fowler

ABSTRACT

APPLICATION OF SEMI FOWLER POSITION TO SLEEP QUALITY IN CONGESTIVE HEART FAILURE PATIENTS

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Background, Congestive Heart Failure (CHF) or better known as heart failure is a condition in which the heart cannot pump enough blood to meet the needs of oxygen and nutrients. Based on Indonesian data that was included in basic health research in 2018, heart failure in Indonesia based on a doctor's diagnosis was estimated to be around 29,550 patients. **The purpose of the study,** was to describe the application of the semi-Fowler's position in patients with congestive heart failure. **The method,** descriptive research with case study design, data collection was done through observation and assessment sheets while the tools used were functional beds and pillows. **The results of the case study,** showed that the semi-Fowler position was carried out for each application was carried out before the patient slept by giving the position where the head of the bed was raised as high as 45 degrees. **In conclusion,** the application of the semi-Fowler's position is effective in improving the sleep quality of heart failure patients because this position increases lung expansion so that the diaphragm is not depressed.

Keywords: congestive heart failure, sleep quality, semi fowler position