

## ABSTRACT

Nursing Care for Patients with Chronic Kidney Disease, Anemia, and Sinistra Axillary Abscess with Nursing Problems with Ineffective Breathing Patterns Who Are Given the Semi-Fowler Position and Benson Relaxation. Siti Nurlailiyah (2024). Nurse Professional Education Study Program, Nursing Department, Health Polytechnic Ministry of Health Malang. Supervisor Taufan Arif, S.Kep., Ns., M.Kep.

Chronic Kidney Disease (CKD) causes oxygenation problems due to decreased kidney function resulting in a buildup of fluid in the body which causes edema. Edema in patients is a problem that affects the mechanical ability and gas exchange in the lungs so that patients become short of breath. Providing the semi-Fowler position and Benson relaxation can increase lung expansion and relax the respiratory muscles. The aim of the study was to analyze nursing care for CKD patients who were given the semi-fowler position and Benson relaxation. The research design is a case study. The number of respondents was 1 patient according to the inclusion criteria. This study used oximetry instruments, watches, and SOPs as intervention references. The research was carried out from April 30 to May 2 2024. The results of the study showed that the patient complained of shortness of breath, pitting edema +1 left hand, decreased urine production  $\pm$  200 cc/24 hours, wheezing in the right lung, nostril breathing, there were muscles assisting breathing, shallow breathing depth, SpO<sub>2</sub> 92%, respiratory frequency 24 x/minute, BP: 170/100 mmHg. Nursing problems include ineffective breathing patterns with improved breathing patterns and hypervolemia with increased fluid balance and improved fluid status. Actions carried out for 3 days were ventilation support and management of hypervolemia. Evaluation on day 3 showed that the semi-Fowler position and Benson relaxation helped reduce shortness of breath with the problem of ineffective breathing patterns resolved and hypervolemia partially resolved. The semi-Fowler's position can reduce the risk of decreased chest expansion and create parasympathetic nerves. Benson relaxation suppresses the sympathetic nerves so that there is a decrease in the hormones norepinephrine and epinephrine, which causes balance in the nervous system and decreased shortness of breath.

**Keywords:** Nursing Care, Chronic Kidney Disease, Semi Fowler Position, Benson Relaxation