

ABSTRAK

Rama Adhi Nur Mansyah (2026). Asuhan Keperawatan pada Pasien *Congestive Heart Failure* dengan Masalah Penurunan Curah Jantung di Ruang ICVCU RSUD Dr. Harjono S. Ponorogo. Karya Tulis Ilmiah Studi Kasus, Program Studi D3 Keperawatan Ponorogo, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing : Agus Wiwit Suwanto, S.Kep., Ns., M.Kep.

Congestive Heart Failure merupakan sindrom klinis akibat gangguan struktur atau fungsi jantung dalam memompa darah yang bermanifestasi sebagai penurunan curah jantung. Kondisi ini memerlukan penanganan intensif untuk mencegah perburukan status hemodinamik. Penelitian ini bertujuan melaksanakan asuhan keperawatan pada pasien CHF dengan masalah penurunan curah jantung. Desain penelitian menggunakan studi kasus pada Tn. W selama empat hari di RSUD Dr. Harjono S. Ponorogo. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Hasil pengkajian awal menunjukkan pasien mengalami sesak napas berat, edema ekstremitas, serta peningkatan *Jugular Venous Pressure* (JVP). Intervensi utama yang diberikan meliputi pemberian posisi *semi-fowler* dan pemantauan keseimbangan cairan yang ketat. Hasil evaluasi setelah 4×24 jam menunjukkan perbaikan kondisi klinis; sesak napas berkurang, edema hilang, dan status hemodinamik stabil. Posisi *semi-fowler* terbukti efektif menurunkan *venous return* dan memfasilitasi ekspansi paru, sementara manajemen cairan mencegah retensi yang memperberat kerja jantung. Perawat diharapkan mengoptimalkan edukasi mengenai pembatasan cairan dan diet rendah natrium guna mencegah rawat inap ulang.

Kata Kunci : *Congestive Heart Failure*, Penurunan Curah Jantung, *Semi-fowler*, Manajemen Cairan.

ABSTRACT

Rama Adhi Nur Mansyah (2026). *Nursing Care for Congestive Heart Failure Patients with Decreased Cardiac Output in the ICVCU Ward of RSUD Dr. Harjono S. Ponorogo*. Case Study Scientific Paper, Diploma III Nursing Study Program Ponorogo, Department of Nursing, Health Polytechnic of the Ministry of Health Malang. Advisor : Agus Wiwit Suwanto, S.Kep., Ns., M.Kep.

Congestive Heart Failure is a clinical syndrome resulting from structural or functional cardiac disorders in pumping blood, manifesting as decreased cardiac output. This condition requires intensive management to prevent the worsening of hemodynamic status. This study aims to implement nursing care for CHF patients with decreased cardiac output issues. The research design employed a case study on Mr. W over four days at RSUD Dr. Harjono S. Ponorogo. Data collection was conducted through interviews, observations, physical examinations, and documentation studies. Initial assessment results showed the patient experienced severe shortness of breath, extremity edema, and increased Jugular Venous Pressure (JVP). The primary interventions provided included administering the semi-Fowler's position and strict fluid balance monitoring. Evaluation results after 4×24 hours showed clinical improvement; dyspnea decreased, edema subsided, and hemodynamic status stabilized. The semi-Fowler's position proved effective in reducing venous return and facilitating lung expansion, while fluid management prevented retention that burdens cardiac workload. Nurses are expected to optimize education regarding fluid restriction and low-sodium diets to prevent readmission.

Keywords : *Congestive Heart Failure, Decreased Cardiac Output, Semi-fowler, Fluid Management.*