

PROGRAM STUDI PROFESI NERS
FAKULTAS KESEHATAN INSTITUT PAYUNG NEGERI PEKANBARU

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Restu Refina

Penerapan *foot masage* untuk menurunkan edema kaki pasien *Congestive Heart Failure* di ruangan CVCU RSUD Arifin Achmad Pekanbaru Riau.

xii + 62 Halaman + 1 Tabel + 9 Lampiran + Skema 1

ABSTRAK

Salah satu tanda dan gejala terjadinya gangguan penurunan curah jantung pada pasien *CHF* adalah ditemukan adanya edema kaki. Edema kaki terjadi karena peningkatan volume ekstraseluler akibat perubahan keseimbangan tekanan hidrostatik dan tekanan onkotik. *Foot edema* secara umum bisa dikurangi dengan melakukan penerapan penatalaksanaan *foot massage*, dengan penerapan *foot massage* dapat menstimulasi pengeluaran cairan melalui saluran limfe bagian yang lebih proksimal. Tujuan dari penerapan *foot masage* yaitu dapat menurunkan edema kaki pasien *congestive heart failure*. Pasien *CHF* yang mengalami penurunan curah jantung disertai edema kaki dapat diberikan terapi *foot massage* sehingga aliran sirkulasi lancar dan perfusi jaringan perifer meningkat. Penerapan *evidence based nursing foot massage* dilakukan di ruangan CVCU RSUD Arifin Achmad pada tanggal 27 mei sampai tgl 29 mei 2024 dan didapatkan hasil penurunan *foot edema* pada kaki kiri dan kanan rata-rata 3 mm setelah dilakukan pengukuran *pre* dan *post* pada lingkaran *ankle*, lingkaran *instep* dan lingkaran *MP Joint*, dan penurunan grading edema kaki dari 3 menjadi *grading* 1 yaitu kedalaman *pitting edema* 2 mm.

Kesimpulan: terdapat perbedaan penilaian sebelum dan sesudah dilakukan penerapan pijat kaki yaitu dari *grading edema* 3 menjadi 1 dengan waktu kembali dari edema 1-3 detik dan terjadi penurunan rata-rata perharinya 3 mm. Penerapan dilakukan selama 3 hari dengan durasi 20 menit untuk menurunkan edema kaki pasien *Congestive Heart Failure (CHF)*.

Kata kunci: Gagal jantung kongestif, edema kaki, pijat kaki

Daftar Bacaan : 24 (2016-2023)

**NURSING PROFESSIONAL STUDY PROGRAM
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Application of foot massage to reduce foot edema in patients with Congestive Heart Failure in the CVCU room of Arifin Achmad Hospital, Pekanbaru, Riau.

xi + 62 Page+ 3 Tables + 9 Apendixes + 1 Schemes

ABSTRACT

One of the signs and symptoms of decreased cardiac output disorder in CHF patients is the presence of edema of the legs. Leg edema occurs due to an increase in extracellular volume due to changes in the balance of hydrostatic pressure and oncotic pressure. Foot edema in general can be reduced by implementing foot massage management, with the application of foot massage can stimulate fluid production through the lymphatic vessels to a more proximal part. The purpose of applying foot masage is to reduce foot edema in patients with congestive heart failure. CHF patients who experience decreased cardiac output accompanied by foot edema can be given foot massage therapy so that the circulation flow is smooth and peripheral tissue perfusion increases. The application of evidence-based nursing foot massage was carried out in the CVCU room of Arifin Achmad Hospital from May 27 to May 29, 2024 and the results of reducing foot edema on the left and right legs were obtained by an average of 3 mm after pre and post measurements were taken on the ankle circumference, instep circumference and MP Joint circumference, and the grading of leg edema was reduced from 3 to 1 grading, which is a pitting edema depth of 2 mm.

Conclusion: there was a difference in assessment before and after the application of foot massage, namely from edema grading 3 to 1 with a return time of 1 -3 seconds from edema and an average decrease of 3 mm per day The application was carried out for 3 days with a duration of 20 minutes to reduce leg edema in patients with Congestive Heart Failure (CHF).

Keywords: Congestive heart failure, foot edema, foot massage
Reading List : 24 (2016-2023)