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PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
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Karya Ilmiah Berbasis Evidence Based Practice, Juni 2025

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"Asuhan Keperawatan Fatique Pada Anak Kanker Dengan Penerapan *Relaxation Breathing Exercise* (RBE) Di Ruangan Anggrek RSUD Arifin Achmad Provinsi Riau **"**

XI + 52 Halaman + 7 Tabel + 5 Lampiran

ABSTRAK

Anak yang menjalani kemoterapi akan mengalami efek samping yang ditimbulkan dari permasalahan fisik yaitu kelelahan. Metode yang digunakan yaitu studi kasus dengan 2 orang anak melalui penerapan *Relaxation Breathing Exercise* (RBE). Penerapan pada kasus pertama dengan diagnose *Neuroblastoma*, pada kasus kedua dengan diagnosa *Laukemia Limfoblasik Akut (ALL).* Asuhan Keperawatan dilakukan selama 3 hari dengan 1 kali penerapan yaitu bulan Maret 2025. Waktu pemberian relaksasi pernafasan *(Relaxation Breathing Exercise/RBE)* dilakukan selama mengalami kelelahan selama 30 menit, dengan tahapan Pemanasan (Preliminary exercise) selama 10 menit, tahap Relaksasi pernafasan 10 menit dan tahap Pendinginan (Finish Exercise) selama 10 menit. Penilaian kelelahan menggunakan Intrument *Brief Fatique Inventory* (BFI). Tempat pelaksanaan dilakukan di ruangan Anggrek RSUD Arifin Ahmad Provinsi Riau. Hasil penelitian menunjukan ada pengaruh yang signifikan dalam mengatasi kelelahan anak yang menjalani kemoterapi dengan menggunakan terapi *Relaxation Breathing Exercise/RBE*, serta ada perbedaan antara usia dan nilai leukosit yang dapat mempengaruhi terjadinya kelelahan. Penerapan ini mampu menurunkan kelelahan pada anak post kemoterapi.

Kata Kunci **:** *Relaxation Breathing Exercise*, Kelelah, Kemoterapi
Daftar Puskata **:** 20 (2018-2024)

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"Nursing Care for Fatigue in Children with Cancer with the Implementation of Breathing Relaxation Exercises (RBE) in the Orchid Room of Arifin Achmad Hospital, Riau Province"

XI + 52 Pages + 7 Tables + 5 Attachments

ABSTRACT

Children undergoing chemotherapy will experience side effects caused by physical problems, namely fatigue. The method used is a case study with 2 children through the application of Relaxation Breathing Exercise (RBE). Application in the first case with a diagnosis of Neuroblastoma, in the second case with a diagnosis of Acute Lymphoblastic Leukemia (ALL). Nursing care was carried out for 3 days with 1 application, namely March 2025. The time for providing breathing relaxation (Relaxation Breathing Exercise / RBE) was carried out during fatigue for 30 minutes, with a Warm-up stage (Preliminary exercise) for 10 minutes, a Breathing Relaxation stage of 10 minutes and a Cooling stage (Finish Exercise) for 10 minutes. Fatigue assessment using the Brief Fatigue Inventory (BFI) Instrument. The place of implementation was in the Anggrek room of the Arifin Ahmad Hospital, Riau Province. The results of the study showed that there was a significant influence in overcoming fatigue in children undergoing chemotherapy using Relaxation Breathing Exercise / RBE therapy, and there were differences between age and leukocyte values that could affect the occurrence of fatigue. This application is able to reduce fatigue in children after chemotherapy.

Keywords ***:*** *Relaxation Breathing Exercise, Fatigue, Chemotherapy*

Bibliography ***:*** *20 (2018-2024)*