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Penerapan *Slow Deep Breathing* untuk Mengatasi Masalah Keperawatan Keletihan pada Pasien CKD di Ruang Kenanga 1 RSUD Arifin Achmad Provinsi Riau

xii + 52 halaman + 8 tabel + 7 lampiran

ABSTRAK

Chronic Kidney Disease (CKD) merupakan kondisi penurunan fungsi ginjal secara progresif dan permanen yang dapat menimbulkan berbagai masalah kesehatan, salah satunya keletihan. Keletihan pada pasien CKD dapat menyebabkan penurunan kemampuan melakukan aktivitas sehari-hari dan memengaruhi kualitas hidup. Salah satu intervensi non-farmakologis yang dapat diterapkan untuk membantu mengatasi keletihan adalah *Slow Deep Breathing*. Penerapan *Evidence Based Practice Nursing (EBN)* menggunakan metode studi kasus dengan 2 pasien CKD dengan masalah keperawatan keletihan. Penerapan dilakukan selama 3 hari, dengan 2 siklus perhari, setiap 1 siklus dilakukan selama 5 menit dengan jeda 5 menit untuk siklus berikutnya. Tingkat keletihan diukur sebelum dan sesudah intervensi menggunakan kuesioner *FACIT-Fatigue Scale (Version 4)*, serta evaluasi berdasarkan indikator kriteria hasil yang diukur yaitu, verbalisasi kepulihan energi, verbalisasi lelah, lesu, sakit kepala, selera makan, pola napas, dan pola istirahat. Hasil penerapan menunjukkan adanya perubahan tingkat keletihan pada kedua pasien. Pada pasien 1 (Ny. M), skor *FACIT-Fatigue Scale* meningkat dari 33 (keletihan sedang) menjadi 42 (keletihan ringan). Pada pasien 2 (Tn. Y), skor meningkat dari 19 (keletihan sedang) menjadi 23 (keletihan sedang). Perubahan tersebut menunjukkan bahwa penerapan *Slow Deep Breathing* dapat membantu menurunkan tingkat keletihan pada pasien CKD.

Kata kunci: *Chronic Kidney Disease (CKD)*, keletihan, *Slow Deep Breathing*
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The Application of Slow Deep Breathing in Managing Fatigue Among Patients with Chronic Kidney Disease in Kenanga 1 Ward, Arifin Achmad Regional General Hospital, Riau Province

xii + 52 pages + 8 tables + 7 appendices

ABSTRACT

Chronic Kidney Disease (CKD) is a condition of progressive and permanent decline in kidney function that can cause various health problems, one of which is fatigue. Fatigue in CKD patients can cause a decrease in the ability to perform daily activities and affect quality of life. One non-pharmacological intervention that can be applied to help overcome fatigue is Slow Deep Breathing. The application of Evidence Based Practice Nursing (EBN) uses a case study method with two CKD patients with nursing problems related to fatigue. The application was carried out for three days, with two cycles per day, each cycle carried out for 5 minutes with a 5-minute break for the next cycle. Fatigue levels were measured before and after the intervention using the FACIT-Fatigue Scale questionnaire (Version 4), and evaluation based on the measured outcome criteria indicators, namely, verbalization of energy recovery, verbalization of fatigue, lethargy, headache, appetite, breathing patterns, and rest patterns. The results of the application showed changes in fatigue levels in both patients. In patient 1 (Mrs. M), the FACIT-Fatigue score increased from 33 (moderate fatigue) to 42 (mild fatigue). In patient 2 (Mr. Y), the score increased from 19 (moderate fatigue) to 23 (moderate fatigue). These changes indicate that the application of Slow Deep Breathing can help reduce fatigue levels in CKD patients.

Keywords: Chronic Kidney Disease (CKD), fatigue, Slow Deep Breathing
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