

**PROGRAM STUDI PROFESI NERS, FAKULTAS KEPERAWATAN
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**Penerapan *Hand-Held Fan* Pada Masalah Keperawatan Gangguan
Pertukaran Gas Di Ruang IGD RSUD Arifin Achmad Provinsi Riau.**

Xii + 38 Halaman + 1 Skema + 8 Table + 7 Lampiran

ABSTRAK

Pasien yang menderita dyspnea membutuhkan perawatan dan penanganan yang tepat seperti melakukan terapi nonfarmakologi berupa *Hand-Held Fan* yang dapat mengurangi dyspnea. Penelitian ini bertujuan untuk menjelaskan mengenai penerapan *Hand-Held Fan* pada masalah keperawatan gangguan pertukaran gas di ruangan IGD RSUD Arifin Achmad Provinsi Riau. Metode pelaksanaan yaitu studi kasus dengan teknik pengumpulan data melalui observasi, wawancara terhadap skala BORG dan pemeriksaan fisik secara langsung. Sampel yang digunakan berjumlah 1 orang. Intervensi yang dilakukan yaitu pemantauan respirasi dan didukung manajemen energi yaitu memberikan dikstraksi yang menenangkan berupa *Hand-Held Fan* yang diberikan selama 5 menit. Terapi ini dapat mengurangi sesak nafas dan meningkatkan toleransi aktivitas pasien. Indikator keberhasilan pelaksanaan tindakan dilakukan dengan melihat tanda dan gejala gangguan pertukaran gas yang menjadi kriteria hasil yang tercantum pada buku Standar Luaran Keperawatan Indonesia (SLKI) yaitu gangguan pertukaran gas membaik yang ditandai dengan dispnea menurun, bunyi napas tambahan menurun, pusing menurun, gelisah menurun, takikardia membaik, PCO_2 membaik, PO_2 membaik, takikardia membaik, pH arteri membaik, pola napas membaik, dan warna kulit membaik. Setelah dilakukannya tindakan didapatkan hasil bahwa adanya penurunan pada skala BORG sebelum dan sesudah diberikan terapi *Hand-Held Fan*. Total skala BORG sebelum diberikan terapi *Hand-Held Fan* adalah 5-6 (sesak napas parah) dan setelah diberikan terapi *Hand-Held Fan* adalah 3 (sedang). Penelitian ini merekomendasikan agar penerapan *Hand-Held Fan* ini dapat dilakukan untuk pasien yang mengalami dispnea.

Kata Kunci : *Dispnea, Hand-Held Fan, Gangguan Pertukaran Gas*
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Application of Hand-Held Fan on Nursing Problems Of Gas Exchange Disorders At Arifin Achmad Hospital, Riau Province.

Xii + 38 Pages + 1 Schemes + 8 Tables + 7 Attachmets

ABSTRACT

Patients suffering from dyspnea need proper care and treatment such as performing nonpharmacological therapy in the form of Hand-Held Fan which can reduce dyspnea. This writing aims to explain the application of Hand-Held Fan on the problem of gas exchange disorders in the emergency room of Arifin Achmad Hospital Riau Province. The method of implementation is a case study with data collection techniques through observation, interviews on the BORG scale and direct physical examination. The sample used was 1 person. The interventions carried out were monitoring respiration and supported by energy management, namely providing calming draughts in the form of a Hand-Held Fan which was given for 5 minutes. This therapy can reduce patient shortness of breath and increase activity tolerance which can allow cooling and airflow to the second and third branches of the trigeminal nerve. Indicators of the success of the implementation of actions are carried out by looking at the signs and symptoms of gas exchange disturbances which become the outcome criteria listed in the Indonesian Nursing Outcome Standards (SLKI) book, namely improved gas exchange disturbances marked by decreased dyspnea, decreased additional breath sounds, decreased dizziness, decreased anxiety, improved tachycardia, improved PCO₂, improved PO₂, improved tachycardia, improved arterial pH, improved breathing patterns, and improved skin colour. After the action was taken, it was found that there was a decrease in the BORG scale before and after being given Hand-Held Fan therapy. The total BORG scale before being given Hand-Held Fan therapy was 5-6 (severe shortness of breath) and after being given Hand-Held Fan therapy was 3 (moderate). This study recommends that the application of Hand-Held Fan can be done for patients who experience dyspnea.

Keywords : Dyspnea, Hand-Held Fan, Gas Exchange Disorder.

References : 21 (2017-2024)