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ASUHAN KEPERAWATAN PADA PASIEN DYSPNEA DENGAN PENERAPAN PEMBERIAN POSISI SEMI FOWLER 30°- 45°UNTUK MENINGKATKAN SATURASI OKSIGEN DI RUANGAN ICU RSUD ARIFIN ACHMAD PROVINSI RIAU

XIII+ 51 Halaman+ 6 Tabel+ 7 Lampiran

ABSTRAK

Sesak napas merupakan gejala umum yang dialami pasien stroke di Unit Perawatan Intensif (ICU) akibat melemahnya otot pernapasan dan gangguan ventilasi. Penelitian ini bertujuan untuk mengevaluasi efektivitas penerapan posisi Semi-Fowler (30°–45°) untuk meningkatkan saturasi oksigen pada pasien stroke dengan sesak napas. Intervensi dilaksanakan selama tiga hari berturut-turut, mengikuti kerangka proses keperawatan asesmen, diagnosis, intervensi, implementasi, dan evaluasi dalam pendekatan Praktik Keperawatan Berbasis Bukti (EBNP). Intervensi dilakukan di ICU Rumah Sakit Umum Daerah Arifin Achmad, Provinsi Riau. Data dikumpulkan melalui observasi dan umpan balik pasien, dianalisis secara kualitatif menggunakan metode deskriptif. Indikator keberhasilan mengacu pada Standar Luaran Keperawatan Indonesia (SLKI), yang meliputi penurunan sesak napas, perbaikan pola pernapasan, pengurangan penggunaan otot bantu pernapasan, dan peningkatan kadar saturasi oksigen. Hasil penelitian menunjukkan bahwa posisi Semi-Fowler efektif meningkatkan saturasi oksigen dari 90% menjadi 99%, menstabilkan laju pernapasan dari 28 menjadi 20 napas per menit, dan meningkatkan kenyamanan, relaksasi, dan toleransi aktivitas pasien. Temuan ini menunjukkan bahwa posisi Semi-Fowler merupakan intervensi keperawatan non-farmakologis yang sederhana, aman, dan efektif yang dapat meningkatkan efisiensi pernapasan, stabilitas hemodinamik, dan pemulihan secara keseluruhan pada pasien stroke dengan sesak napas.

Kata kunci: Dispnea; Posisi Semi-Fowler; Saturasi Oksigen; Stroke; Praktik Keperawatan Berbasis Bukti.

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Nursing Care for a Patient with Dyspnea Through the Application of Semi-Fowler's Position (30°–45°) to Improve Oxygen Saturation in the Intensive Care Unit of Arifin Achmad Regional General Hospital

XIII+ 51 Halaman+ 6 Tabel+ 7 Lampiran

ABSTRACT

Dyspnea is a common symptom experienced by stroke patients in the Intensive Care Unit (ICU) due to weakened respiratory muscles and impaired ventilation. This study aimed to evaluate the effectiveness of applying the Semi-Fowler's position (30°–45°) to improve oxygen saturation in a stroke patient with dyspnea. The intervention was implemented over three consecutive days, following the nursing process framework of assessment, diagnosis, intervention, implementation, and evaluation within the Evidence-Based Nursing Practice (EBNP) approach. The intervention was performed in the ICU of Arifin Achmad Regional General Hospital, Riau Province. Data were collected through observation and patient feedback, analyzed qualitatively using a descriptive method. The indicators of success referred to the Standar Luaran Keperawatan Indonesia (SLKI), which included decreased dyspnea, improved respiratory pattern, reduced use of accessory muscles, and increased oxygen saturation levels. Results showed that the Semi-Fowler's position effectively enhanced oxygen saturation from 90% to 99%, stabilized respiratory rate from 28 to 20 breaths per minute, and improved patient comfort, relaxation, and activity tolerance. The findings indicate that the Semi-Fowler's position is a simple, safe, and effective non-pharmacological nursing intervention that can enhance respiratory efficiency, hemodynamic stability, and overall recovery in stroke patients with dyspnea.

Keyword: *Dyspnea; Semi-Fowler's Position; Oxygen Saturation; Stroke; Evidence-Based Nursing Practice.*
References: 20(2020-2025)