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Penerapan Kombinasi *Isometric Handgrip Exarcise* Dan *Slow Deep Breathing* Dengan Masalah Keperawatan Penurunan Curah Jantung Di Ruangan Krisan RSUD Arifin Achmad
xi + 50 halaman + 10 tabel + 6 Lampiran

ABSTRAK

Hipertensi merupakan penyakit yang tidak bisa disembuhkan tetapi harus dikendalikan agar tidak terjadi komplikasi. upaya nonfarmakologis yang dapat dilakukan yaitu *isometric handgrip exercise* dan *slow deep breathing*. *Isometric handgrip exercise* merupakan suatu gerakan statis yang terjadi ketika otot berkontraksi tanpa ada perubahan nyata pada panjang otot atau gerakan sendi sedangkan *slow deep breathing* merupakan teknik relaksasi pernapasan dalam yang teratur dapat meningkatkan aliran darah pada pasien hipertensi yang terhambat. Tujuan karya ilmiah akhir ners adalah memberikan gambaran Penerapan Kombinasi *Isometric Handgrip Exarcise* dan *Slow Deep Breathing* dengan Masalah Keperawatan Penurunan Curah Jantung Di Ruangan Krisan Rsud Arifin Achmad. Metode yang digunakan yaitu intervensi keperawatan yaitu studi kasus dengan Penerapan Kombinasi *Isometric Handgrip Exarcise* Dan *Slow Deep Breathing* Dengan Masalah Keperawatan Penurunan Curah Jantung. Intervensi dilakukan selama 3 hari, dengan 2 kali pertemuan, 15- 20 menit. Pengumpulan data di lakukan melalui wawancara, Observasi, Pemeriksaaan fisik, serta alat ukur tensimeter dengan indikator keberhasilan mengacu pada standar luaran keperawatan Indonesia (SLKI) Curah jantung meningkat. Hasil intervensi menunjukkan adanya penurunan TD pada pasien I dari 142/89 mmHg menjadi 125/78 mmHg. Sedangkan pada pasien II didapatkan 148/102 mmHg menjadi 128/78 mmHg. Disimpulkan bahwa terdapat perbedaan yang signifikan keberhasilan Penerapan Kombinasi *Isometric Handgrip Exarcise* Dan *Slow Deep Breathing* sebelum dan sesudah terapi pada pasien dengan masalah keperawatan penurunan curah jantung.

Kata Kunci **:** Hipertensi, *Isometric Handgrip Exarcise, Slow Deep Breathing*
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The Application of a Combination of Isometric Handgrip Exercise and Slow Deep Breathing in Patients with the Nursing Problem of Decreased Cardiac Output in the Krisan Ward of Arifin Achmad Regional General Hospital
Xi + 50 Page + 10 Table + 6 attachment

ABSTRACT

Hypertension is a disease that cannot be cured but must be controlled to prevent complications. Non-pharmacological interventions that can be implemented include isometric handgrip exercise and slow deep breathing. Isometric handgrip exercise is a static movement that occurs when muscles contract without any noticeable change in muscle length or joint movement, whereas slow deep breathing is a controlled deep breathing relaxation technique that can improve impaired blood flow in patients with hypertension. The purpose of this final nursing scientific paper is to describe the application of a combination of isometric handgrip exercise and slow deep breathing in patients with the nursing problem of decreased cardiac output in the Krisan Ward of Arifin Achmad Regional General Hospital. The method used was a nursing intervention in the form of a case study involving the application of a combination of isometric handgrip exercise and slow deep breathing for patients with decreased cardiac output. The intervention was conducted over three days, with two sessions lasting 15–20 minutes each. Data were collected through interviews, observation, physical examination, and blood pressure measurement using a sphygmomanometer. The indicator of success referred to the Indonesian Nursing Outcomes Standards (SLKI), namely an increase in cardiac output. The results of the intervention showed a reduction in blood pressure in Patient I from 142/89 mmHg to 125/78 mmHg, while in Patient II blood pressure decreased from 148/102 mmHg to 128/78 mmHg. It can be concluded that there was a significant difference in the effectiveness of the combined application of isometric handgrip exercise and slow deep breathing before and after therapy in patients with the nursing problem of decreased cardiac output.

Keywords : Hypertension, *Isometric Handgrip Exarcise, Slow Deep Breathing*
References: (2020-2024)