**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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**Asuhan Keperawatan Penerapan Kombinasi Posisi Semi Fowler Dan Lateral Kanan Untuk Meningkatkan Saturasi Oksigen Pada Pasien Chf Di Ruangan Cvcu Rsud Arifin Achmad Provinsi Riau**

## ABSTRAK

Gagal Jantung Kongestif (Congestive Heart Failure/CHF) merupakan salah satu penyebab utama morbiditas dan mortalitas di seluruh dunia, termasuk di Indonesia. Pasien CHF sering mengalami pola napas tidak efektif akibat ketidakmampuan jantung memompa darah secara adekuat, sehingga menyebabkan penurunan saturasi oksigen. Intervensi nonfarmakologis seperti pengaturan posisi tubuh telah terbukti efektif dalam meningkatkan oksigenasi. Kombinasi posisi semi-Fowler dan lateral kanan dapat meningkatkan ekspansi paru, menurunkan beban kerja jantung, serta memperbaiki ventilasi dan perfusi paru. Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi posisi semi-Fowler dan lateral kanan terhadap peningkatan saturasi oksigen pada pasien CHF di Ruang CVCU RSUD Arifin Achmad Provinsi Riau. Penelitian ini menggunakan pendekatan studi kasus berbasis Evidence-Based Nursing Practice (EBNP). Pengumpulan data dilakukan melalui wawancara dan observasi selama tiga hari berturut-turut (14–16 Februari 2026) terhadap dua pasien CHF. Intervensi dilakukan dengan menerapkan kombinasi posisi semi-Fowler dan lateral kanan, kemudian nilai saturasi oksigen ($SpO_2$) sebelum dan sesudah intervensi dibandingkan berdasarkan indikator dari Standar Luaran Keperawatan Indonesia (SLKI). Hasil penelitian menunjukkan adanya peningkatan kadar $SpO_2$ setelah pemberian intervensi kombinasi posisi, disertai dengan perbaikan klinis seperti penurunan frekuensi napas, berkurangnya penggunaan otot bantu pernapasan, serta ekspansi dada yang lebih seimbang. Pasien juga melaporkan perasaan lebih lega dan nyaman saat bernapas setelah intervensi dilakukan. Kombinasi posisi semi-Fowler dan lateral kanan terbukti efektif dalam meningkatkan saturasi oksigen pada pasien CHF. Intervensi ini dapat direkomendasikan sebagai tindakan keperawatan nonfarmakologis yang aman, sederhana, dan berbasis bukti ilmiah untuk mendukung peningkatan mutu pelayanan keperawatan di ruang CVCU.

Kata Kunci : Gagal Jantung Kongestif, posisi semi-Fowler, posisi lateral kanan, saturasi oksigen, *Evidence-Based Nursing Practice*
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**NURSING PROFESSIONAL STUDY PROGRAM, FACULTY OF NURSING, UMBRELLA STATE HEALTH INSTITUTE, PEKANBARU**

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**Nursing Care with the Application of a Combination of Semi-Fowler and Right Lateral Positions to Improve Oxygen Saturation in Patients with Congestive Heart Failure in the CVCU of Arifin Achmad General Hospital, Riau Province**

## ABSTRACT

Congestive Heart Failure (CHF) is one of the leading causes of morbidity and mortality worldwide, including in Indonesia. CHF patients often experience ineffective breathing patterns due to the heart's inability to pump blood efficiently, resulting in decreased oxygen saturation. Non-pharmacological interventions such as body positioning have been proven effective in improving oxygenation. The combination of semi-Fowler and right lateral positions can enhance lung expansion, reduce cardiac workload, and improve pulmonary ventilation and perfusion. This study aims to determine the effect of combining the semi-Fowler and right lateral positions on improving oxygen saturation in CHF patients in the CVCU Room of Arifin Achmad General Hospital, Riau Province. This research used a case study approach based on Evidence-Based Nursing Practice (EBNP). Data were collected through interviews and observations over three consecutive days (August 14–16, 2025) involving two CHF patients. The intervention was conducted by applying a combination of semi-Fowler and right lateral positions, and oxygen saturation ($SpO_2$) values before and after the intervention were compared based on indicators from the Indonesian Nursing Outcome Standards (SLKI). The results showed an increase in $SpO_2$ levels after the combined positioning intervention, along with clinical improvements such as decreased respiratory rate, reduced use of accessory respiratory muscles, and more balanced chest expansion. Patients also reported feeling more relieved and comfortable when breathing after the intervention. The combination of semi-Fowler and right lateral positions is proven effective in increasing oxygen saturation among CHF patients. This intervention can be recommended as a safe, simple, and evidence-based non-pharmacological nursing measure that supports improved quality of care in the CVCU setting.

**Keywords** **:** Congestive Heart Failure, semi-Fowler position, right lateral position, oxygen saturation, Evidence-Based Nursing Practice.

References : 35 (2016-2025)