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Penerapan *Breathing Exercise Anulom Viloma* Pada Pasien Dengan Pola Napas Tidak Efektif Di Ruang Kenanga I RSUD Arifin Achmad Provinsi Riau

Xiii + 28 Halaman + 3 Tabel + 1 Skema + 5 Lampiran

ABSTRAK

Congestive Heart Failure (CHF) merupakan sindrom klinis akibat ketidakmampuan jantung memompa darah secara adekuat, yang sering memicu kongesti pulmonal dan masalah pola napas tidak efektif. Pada kasus Ny. A (31 tahun), kondisi ini diperburuk oleh anemia berat sekunder akibat tumor rahim suspek maligna. Intervensi non-farmakologis diperlukan untuk mendampingi terapi medis guna memperbaiki ventilasi tanpa meningkatkan beban metabolisme. Mengevaluasi penerapan teknik pernapasan *Anulom Viloma* terhadap perbaikan pola napas pada pasien dengan pola napas tidak efektif. Penelitian ini menggunakan pendekatan studi kasus asuhan keperawatan pada satu subjek (Ny. A) di RSUD Arifin Achmad Pekanbaru. Intervensi *Anulom Viloma* diberikan selama 10–15 menit, dua kali sehari, selama tiga hari berturut-turut. Indikator keberhasilan diukur berdasarkan frekuensi napas (RR), saturasi oksigen (SpO₂), dan penurunan penggunaan otot bantu napas sesuai SLKI. Pengkajian awal menunjukkan Ny. A mengalami dispnea berat (RR 24 x/menit, SpO₂ 95% dengan O₂ 2 Lpm) dan tanda kongesti (JVP 6 cmH₂O). Setelah intervensi selama tiga hari, didapatkan hasil evaluasi yang signifikan: frekuensi napas membaik menjadi 18 x/menit, SpO₂ meningkat menjadi 98% secara mandiri, JVP menurun menjadi 3 cmH₂O, dan pasien melaporkan rasa rileks serta mampu tidur dengan satu bantal. Masalah pola napas tidak efektif, penurunan curah jantung, dan perfusi perifer tidak efektif dinyatakan teratasi. Teknik pernapasan *Anulom Viloma* efektif dalam menurunkan frekuensi napas dan meningkatkan kenyamanan ventilasi pada pasien CHF dengan komorbiditas anemia kronis. Teknik ini direkomendasikan sebagai terapi komplementer mandiri bagi perawat di ruang rawat inap.

Kata Kunci: *Anulom Viloma, Congestive Heart Failure, Pola Napas Tidak Efektif.*

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**The Application of Anulom Viloma Breathing Exercise in Patients with
Ineffective Breathing Patterns in Kenanga I Room, RSUD Arifin Achmad, Riau
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xiii + 28 Pages + 3 Tables + 1 Scheme + 5 Appendices

ABSTRACT

Congestive Heart Failure (CHF) is a clinical syndrome resulting from the heart's inability to pump blood adequately, which often triggers pulmonary congestion and ineffective breathing patterns. In the case of Mrs. A (31 years old), this condition was exacerbated by severe secondary anemia due to a suspected malignant uterine tumor. Non-pharmacological interventions are required to accompany medical therapy to improve ventilation without increasing metabolic load. To evaluate the application of the Anulom Viloma breathing technique in improving breathing patterns in patients with ineffective breathing patterns. This study utilized a nursing care case study approach on one subject (Mrs. A) at RSUD Arifin Achmad Pekanbaru. The Anulom Viloma intervention was administered for 10–15 minutes, twice daily, for three consecutive days. Success indicators were measured based on respiratory rate (RR), oxygen saturation (SpO₂), and the reduction in the use of accessory respiratory muscles according to the SLKI standards. Initial assessment showed that Mrs. A experienced severe dyspnea (RR 24 breaths/minute, SpO₂ 95% with 2 Lpm oxygen) and signs of congestion (JVP 6 cmH₂O). After three days of intervention, significant evaluation results were obtained: the respiratory rate improved to 18 breaths/minute, SpO₂ increased to 98% independently, JVP decreased to 3 cmH₂O, and the patient reported feeling relaxed and able to sleep with a single pillow. The problems of ineffective breathing pattern, decreased cardiac output, and ineffective peripheral perfusion were declared resolved. The Anulom Viloma breathing technique is effective in reducing respiratory frequency and improving ventilatory comfort in CHF patients with chronic anemia comorbidities. This technique is recommended as an independent complementary therapy for nurses in inpatient wards.

Keywords: *Anulom Viloma, Congestive Heart Failure, Ineffective Breathing Pattern.*

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