

ABSTRAK

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Judul : Analisis Asuhan Keperawatan Pada Pasien *Congestive Heart Failure* Dengan Nyeri Akut Menggunakan Relaksasi Benson Terhadap Tingkat Nyeri Di Ruangan Hcu B Rsud R.T Notopuro Sidoarjo“
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Congestive Heart Failure (CHF) merupakan sindrom klinis akibat ketidakmampuan jantung memompa darah secara optimal sehingga menyebabkan gangguan perfusi jaringan dan berbagai manifestasi klinis, salah satunya nyeri dada. Nyeri akut pada pasien CHF dapat meningkatkan aktivitas sistem saraf simpatis, memperberat kerja jantung. Salah satu intervensi nonfarmakologis yang dapat diberikan untuk membantu mengurangi nyeri adalah teknik Relaksasi Benson. Menganalisis penerapan asuhan keperawatan pada pasien *Congestive Heart Failure* (CHF) dengan masalah keperawatan nyeri akut melalui penerapan teknik Relaksasi Benson di RSUD R.T. Notopuro Sidoarjo. Penelitian ini menggunakan metode studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Subjek penelitian adalah satu pasien dengan diagnosis medis *Congestive Heart Failure* (CHF) disertai *Atrial Fibrillation Rapid* yang mengalami masalah keperawatan nyeri akut. Intervensi inovasi berupa teknik Relaksasi Benson diberikan selama tiga hari berturut-turut disertai tindakan keperawatan sesuai Standar Intervensi Keperawatan Indonesia (SIKI). Setelah dilakukan implementasi selama 3×24 jam, terjadi penurunan intensitas nyeri dari skala 6 menjadi 2 berdasarkan *Congestive Heart Failure* (NRS). Pasien tampak lebih rileks, ekspresi meringis dan gelisah berkurang, kualitas tidur membaik, serta terjadi perbaikan parameter fisiologis yang ditandai dengan penurunan frekuensi nadi dari 125 kali/menit menjadi 88 kali/menit, frekuensi napas dari 24 kali/menit menjadi 20 kali/menit, dan tekanan darah menjadi lebih stabil. Pasien juga mampu melakukan teknik Relaksasi Benson secara mandiri. Penerapan teknik Relaksasi Benson sebagai terapi nonfarmakologis efektif membantu menurunkan intensitas nyeri akut pada pasien *Congestive Heart Failure* (CHF). Intervensi ini memberikan efek relaksasi, meningkatkan kenyamanan, serta memperbaiki kualitas tidur pada pasien *Congestive Heart Failure* (CHF).

Kata kunci: Congestive Heart Failure, Nyeri Akut, Relaksasi Benson, Asuhan Keperawatan, Terapi Nonfarmakologis.

ABSTRACT

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Judul : *Analysis of Nursing Care in a Patient with Congestive Heart Failure (CHF) and the Nursing Diagnosis of Acute Pain Using the Benson Relaxation Technique at R.T. Notopuro Regional Hospital, Sidoarjo*
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Congestive Heart Failure (CHF) is a clinical syndrome resulting from the heart's inability to pump blood optimally, leading to impaired tissue perfusion and various clinical manifestations, including chest pain. Acute pain in CHF patients can increase sympathetic nervous system activity, thereby increasing the heart's workload. Benson's Relaxation Technique is a non-pharmacological intervention that can help alleviate pain. This study analyzes the application of nursing care for a CHF patient experiencing acute pain through the use of Benson's Relaxation Technique at RSUD R.T. Notopuro Sidoarjo. A case study method was employed, utilizing the nursing process approach: assessment, nursing diagnosis, planning, implementation, and evaluation. The subject was a patient medically diagnosed with CHF and rapid atrial fibrillation who was experiencing acute pain. The innovative intervention—Benson's Relaxation Technique—was administered over three consecutive days alongside standard nursing care based on the Indonesian Nursing Intervention Standards (SIKI). Following the 72-hour (3×24 hours) implementation period, pain intensity decreased from a score of 6 to 2 on the Numerical Rating Scale (NRS). The patient appeared more relaxed; grimacing and restlessness subsided; sleep quality improved; and physiological parameters stabilized, evidenced by a reduction in pulse rate (from 125 to 88 beats per minute) and respiratory rate (from 24 to 20 breaths per minute), as well as stabilized blood pressure. The patient was also able to perform Benson's Relaxation Technique independently. The application of Benson's Relaxation Technique as a non-pharmacological therapy effectively reduced acute pain intensity in the CHF patient. This intervention promoted relaxation, enhanced comfort, and improved sleep quality for the patient.

Keywords: *Congestive Heart Failure, Acute Pain, Benson Relaxation, Nursing Care, Non-pharmacological Therapy.*