

## ABSTRAK

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**Perbedaan Pengaruh Pemberian Posisi Semi Fowler dengan Kombinasi Posisi Semi Fowler dan Terapi Oksigen Terhadap Saturasi Oksigen pada Pasien CHF di IGD RS Muhammadiyah Mardhatillah Randudongkal Kabupaten Pemalang**

**Latar Belakang:** *Congestive Heart Failure* adalah sindrom klinis serius yang menyebabkan kongesti paru, sesak napas, dan penurunan saturasi oksigen sehingga memerlukan penanganan cepat di IGD. Posisi semi fowler membantu ekspansi paru, sedangkan terapi oksigen meningkatkan suplai oksigen, namun efektivitas keduanya jarang dibandingkan secara langsung.

**Tujuan:** Mengetahui Pengaruh Pemberian Posisi Semi Fowler dan Kombinasi Posisi Semi Fowler dengan Terapi Oksigen Terhadap Saturasi Oksigen pada Pasien CHF di IGD RS Muhammadiyah Mardhatillah Randudongkal Kabupaten Pemalang.

**Metode:** Penelitian kuantitatif dengan desain *quasi eksperimen* menggunakan pendekatan *dua kelompok non-equivalent dengan desain pretest-posttest*. Sampel berjumlah 20 pasien di IGD RS Muhammadiyah Mardhatillah Randudongkal, dipilih dengan purposive sampling dan dibagi menjadi dua kelompok: kelompok 1 dengan perlakuan posisi semi fowler saja dan kelompok 2 dengan perlakuan posisi semi fowler dengan terapi oksigen. Data saturasi oksigen diukur menggunakan *pulse oximeter* sebelum dan sesudah intervensi, dianalisis menggunakan uji *Independent T-Test*.

**Hasil:** Rata-rata saturasi oksigen pretest pada kelompok posisi semi fowler 92,40% dan kelompok kombinasi 92,70%. Rata-rata posttest meningkat menjadi 95,40% pada kelompok posisi semi fowler dan 97,70% pada kelompok kombinasi. Hasil independent t-test menunjukkan perbedaan pada nilai posttest antara kedua kelompok ( $p = 0,000$ ).

**Simpulan:** Kombinasi posisi semi fowler dan terapi oksigen lebih efektif meningkatkan saturasi oksigen dibanding posisi semi fowler saja pada pasien *CHF* di IGD. Disarankan perawat mempertimbangkan penggunaan kombinasi intervensi tersebut untuk penanganan awal pasien.

**Kata Kunci:** *Posisi Semi Fowler, Terapi Oksigen, Saturasi Oksigen, CHF*

## ABSTRACT

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**The Difference in the Effect of Semi-Fowler Position and the Combination of Semi-Fowler Position and Oxygen Therapy on Oxygen Saturation in CHF Patients in the Emergency Room of Muhammadiyah Mardhatillah Randudongkal Hospital, Pemalang Regency**

**Background:** Congestive heart failure is a serious clinical syndrome that leads to pulmonary congestion, shortness of breath, and decreased oxygen saturation. It requires prompt treatment in the emergency department. Placing the patient in a semi-Fowler's position can help expand the lungs, while oxygen therapy enhances the oxygen supply. However, the effectiveness of these two interventions is rarely compared directly.

**Objective:** To evaluate the effect of the semi-Fowler position and the combination of the semi-Fowler position with oxygen therapy on oxygen saturation levels in patients with congestive heart failure (CHF) in the emergency room of Muhammadiyah Mardhatillah Randudongkal Hospital in Pemalang Regency.

**Method:** This study employed quantitative research with a quasi-experimental design, utilizing a two-group non-equivalent approach with a pretest-posttest structure. The sample included 20 patients in the Emergency Room of Muhammadiyah Mardhatillah Randudongkal Hospital, selected through purposive sampling. The participants were divided into two groups: Group 1 received treatment in a semi-Fowler position only, while Group 2 received treatment in a semi-Fowler position along with oxygen therapy. Oxygen saturation levels were measured using a pulse oximeter both before and after the intervention. The results were analyzed using the Independent T-Test.

**Result:** In the semi-Fowler's position group, the average oxygen saturation before the test was 92.40%, while the combination group had an average of 92.70%. After the test, the average oxygen saturation increased to 95.40% in the semi-Fowler's position group and 97.70% in the combination group. An independent t-test indicated a significant difference in post-test scores between the two groups ( $p = 0.000$ ).

**Conclusion:** The combination of the semi-Fowler's position and oxygen therapy is more effective in increasing oxygen saturation than the semi-Fowler's position alone in CHF patients in the emergency department. Nurses are advised to consider using this combination of interventions for initial patient management.

**Keywords:** *semi-Fowler's position, Oxygen Therapy, Oxygen Saturation, CHF*