

## **ABSTRACT**

### **APPLICATION OF ALTERNATE NOSTRIL BREATHING EXERCISE (ANBE) ON RESPIRATION RATE IN CONGESTIVE HEART FAILURE PATIENTS IN ICCU ROOM HOSPITAL dr. SOEHADI PRIJONEGORO SRAGEN**

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**Background:** Congestive heart failure or heart failure is a functional condition in which the heart is inadequate in pumping blood throughout the body. Problems that often occur in CHF patients are chest pain and shortness of breath, so that non-pharmacological management is needed, one of which is Alternate Nostril Breathing Exercise (ANBE). **Objective:** determine the results of the application of Anbe therapy on the respiration rate in CHF patients who experience shortness of breath. **Method:** application is done by descriptive method of case study to 2 respondents with a diagnosis of CHF who experience disturbances in the respiration rate (RR) for 7 consecutive days with a frequency of 2 times a day for 10-15 minutes. **Results:** based on the results of the application that has been done, there is a decrease in respiration rate in CHF patients before and after Anbe therapy. **Conclusion:** ANBE therapy can be used as a non-pharmacological technique or self-intervention in CHF patients who experience shortness of breath.

**Keywords:** Congestive heart failure (CHF), alternate nostril breathing exercise (ANBE), respiration rate