

**APPLICATION OF HAND HELD FAN TO WORTHY OF BREATH IN
ELDERLY WITH CONGESTIVE HEART FAILURE IN KARANGANYAR
HOSPITAL**

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ABSTRACT

Background: CHF (Congestive Heart Failure) is a condition in which the heart is not effective in immobilizing the blood so that the body's need for blood is not fulfilled and causes various clinical symptoms, one of which is shortness of breath. There are several ways to reduce shortness of breath in patients with CHF/heart failure, one of which is the use of a handheld fan. **Purpose:** To find out the results of applying a handheld fan to shortness of breath in the elderly with congestive heart failure at Karanganyar Hospital. **Method :** The research tool used measuring the degree of shortness of breath and SOP for hand fan therapy once a day for 3 consecutive days and 5 minutes per session. **Results:** based on the results of the implementation that has been done, there is a decrease in the degree of shortness of breath after the therapy is carried out. **Conclusion:** there are differences in the degree of shortness of breath in the elderly with Congestive Heart Failure

Keywords: Hand-held Fan, Shortness of Breath, Congestive Heart Failure