INCREASING KNOWLEDGE REGARDING HANDHELD FAN THERAPY TO REDUCE DYSPNEA IN CONGESTIVE HEART FAILURE (CHF) PATIENTS USING VIDEO MEDIA

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SUMMARY

Background: *Congestive Heart Failure (CHF) is a disease that frequently causes dyspnea, which can reduce patients' physical activity and quality of life. One non-pharmacological therapy that can help reduce dyspnea is handheld fan therapy. However, patients' knowledge regarding this therapy remains limited; therefore, effective educational media are needed.****Method:*** *This study aimed to develop an educational video media to provide knowledge about handheld fan therapy to help reduce dyspnea in patients with Congestive Heart Failure (CHF).****Objective:*** *The educational media was developed using the Canva application for visual design, animation, and editing to facilitate CHF patients' understanding of the video content.****Results:*** *The output was an educational video entitled"HEMBUS (Handheld Fan Helps Reduce Breathlessness in Heart Failure)"with a duration of 5 minutes and 30 seconds and a file size of 28.96 MB. The video was tested on three respondents and was found to be easy to understand, engaging, and helpful in improving patients' understanding of how to use handheld fan therapy independently.****Conclusion:*** *This animated educational video is expected to serve as an educational medium for providing information and improving patients' knowledge and understanding of handheld fan therapy as a non-pharmacological therapy to help reduce dyspnea in patients with CHF.*

Keywords: *Congestive Heart Failure, Dyspnea, Handheld Fan, Education, Video.*