

POLITEKNIK KESEHATAN TANJUNGPUR  
PRODI KEPERAWATAN KOTABUMI  
Laporan Tugas Akhir, Mei 2022

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Asuhan Keperawatan Anak dengan Gangguan Kebutuhan Nutrisi pada Kasus Stunting terhadap An. A di Wilayah Kerja Puskesmas Kotabumi II Lampung Utara tanggal 09-11 Maret 2022

xiv + 48 halaman, 6 tabel, 2 gambar, 3 lampiran

### RINGKASAN

Stunting atau gizi kurang adalah suatu gagalnya pertumbuhan pada anak dibawah lima tahun dalam jangka waktu yang lama ketika tumbuh dengan keterbatasan akses makanan maupun pelayanan kesehatan. Gangguan kognitif seperti keterlambatan perkembangan motorik maupun gangguan fungsi otak dapat diakibatkan karena stunting (Initiatives, 2018). Dampak buruk stunting diantaranya gangguan perkembangan otak, kemampuan kognitif berkurang, gangguan pertumbuhan fisik, penurunan imunitas tubuh sehingga mudah sakit, fungsi tubuh tidak seimbang (Rahmawati, Nurmawati, & Permata Sari, 2019).

Laporan Tugas Akhir ini bertujuan memberikan gambaran terhadap Asuhan Keperawatan Pasien Anak dengan Gangguan Kebutuhan Nutrisi pada Kasus Stunting terhadap An. A di Wilayah Kerja Puskesmas Kotabumi II Kabupaten Lampung Utara Tanggal 09-11 Maret 2022.

Hasil dari pengkajian didapatkan data, An. A terlihat pendek, kurus, kecil, dan sedang demam. Hasil penimbangan berat badan 11,9 kg, dan tinggi badan 89 cm, ibu An. A mengatakan nafsu makan An. A menurun, lebih suka makan jajanan diluar dibandingkan makan nasi dan sayur di rumah, ibu An. A mengatakan bingung bagaimana cara agar An. A tidak makan jajanan diluar terus. Diagnosa Keperawatan yang ditegakkan Defisit Nutrisi, Hipertermia, dan Defisit Pengetahuan. Rencana Keperawatan dengan label SLKI Status Nutrisi (L.03030), Termoregulasi (L.14134), dan Tingkat Pengetahuan (L.12111). label SIKI Manajemen Nutrisi (I.03119), Manajemen Hipertermia (I.15506), dan Edukasi Nutrisi anak (I.12396). Implementasi dilakukan sesuai dengan label serta menyesuaikan perkembangan klien, pada tahap evaluasi dari tiga diagnosa yang ditegakkan, terdapat dua diagnosa yang teratasi yaitu, Hipertermia dan Defisit Pengetahuan, sedangkan satu diagnosa yang teratasi sebagian yaitu Defisit Nutrisi.

Kesimpulan dari Laporan pada Kasus ini, untuk memberikan gambaran bagaimana asuhan keperawatan dengan Gangguan Kebutuhan Nutrisi pada kasus Stunting terhadap An. A di Wilayah Kerja Puskesmas Kotabumi II Lampung Utara melalui tahap pengkajian hingga evaluasi. Saran dari laporan ini diharapkan dapat meningkatkan pemberian pendidikan kesehatan terutama dengan kasus stunting.

Kata Kunci: Asuhan Keperawatan, Stunting, Nutrisi  
Daftar Bacaan: 17 (2008 – 2021)

TANJUNG KARANG HEALTH POLYTECHNIC  
KOTABUMI NURSING STUDY PROGRAM  
Final Report, May 2022

Dinda Pratiwi,  
Nursing Care of Children with Impaired Nutritional Needs in Stunting Cases OF An. A  
in the Working Area of the Kotabumi II Public Health Center, North Lampung, March 9-  
11, 2022

xiv + 48 pages, 6 tables, 2 picture, 3 attachments

***ABSTRACT***

Stunting or malnutrition is a failure of growth in children under five years of age in the long term when growing up with limited access to food and health services. Cognitive disorders such as delayed motor development or impaired brain function can be caused by stunting (Initiatives, 2018). Including impaired brain development, reduced, cognitive ability, impaired growth of fink, decreased body immunity so that it is easy to get sick, body functions unbalanced (Rahmawati, Nurmawati, & Permata Sari, 2019).

The writing of this final report aims to provide an overview of the Nursing Care of Children with Impaired Nutritional Needs in Stunting Cases of An. A in the Working Area of the Kotabumi II Public Health Center, North Lampung Regency, March 9-11, 2022.

The result of the study obtained data, An. A looks short, thin, small, and has a fever. The results of weighing 11.9kg, and height 89 cm, Mrs An. A says An. A appetite. A decreased, preferring to eat snacks outside rather than eating rice and vegetables at home, Mrs An. A said she was confused about how to get An. A does not eat snacks outside continuously. Nursing diagnoses that are upheld are Nutritional Deficit, Hyperthermia, and Knowledge Deficit. Nursing plan with labels SLKI Nutritional Status (L.03030), Thermoregulation (L.14134), and Knowledge Level (L.12111). SIKI labels on Nutrition Management (I.03119), Hyperthermia Management (I.15506), and Child Nutrition Education (I.12396). Implementation is carried out according to the label and adjusts the client's development, at the evaluation stage of the three diagnoses that were established, there were two diagnoses that were resolved, namely. Hyperthermia and Knowledge Deficit, while one diagnosis that was partially resolved was Nutritional Deficit.

The conclusion of the report in this case, to provide an overview of how nursing care with impaired nutritional needs in the case of stunting of An. A in the Working Area of the Kotabumi II Public Health Center, North Lampung, it went through the assessment and evaluation stages. Suggestions from this report are expected to increase the provision health education, especially with cases of stunting.

Keywords: Nursing Care, Stunting, Nutrition  
Reading List: 17 (2008 - 2021)