

POLTEKKES TANJUNGPUR
PROGRAM STUDI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, juni 2021

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Asuhan Keperawatan Pasien Dengan Gangguan Kebutuhan Cairan Elektrolit pada Kasus Hiperemesis Gravidarum Terhadap Ny.Y di Ruang Kebidanan RS Handayani Kotabumi Lampung Utara Tanggal 11-13 Maret 2021

xv +52 hal+7tabel+2gambar, dan 5 lampiran

RINGKASAN

Hiperemesis gravidarum merupakan mual muntah yang berlebihan pada wanita hamil, sehingga dapat mengganggu pekerjaan sehari-hari dan menyebabkan keadaan semakin memburuk, sehingga dapat menyebabkan terjadinya dehidrasi. *World Health Organization* (WHO) memperkirakan 5360.000 perempuan meninggal dunia akibat langsung dari hiperemesis gravidarum jika mengalami muntah, komplikasi kehamilan dan persalinan. Salah satu komplikasi kehamilan adalah hiperemesis gravidarum. Insiden hiperemesis gravidarum di dunia telah diperkirakan terjadi pada 1-2% wanita hamil. Berdasarkan survey awal dari data register rawat inap kebidanan di Rumah Sakit Handayani Kotabumi Lampung Utara kejadian hiperemesis gravidarum pada tahun 2020 hanya berjumlah 9 kasus, dan pada tahun 2021 terhitung sejak bulan Januari-Maret hanya berjumlah 4 kasus yang mengalami hiperemesis gravidarum

Tujuan umum dari Laporan Tugas Akhir ini yaitu memberikan gambaran asuhan keperawatan pada pasien hiperemesis gravidarum terhadap Ny.Y dengan gangguan cairan elektrolit di Ruang Kebidanan RS Handayani Kotabumi Lampung Utara tanggal 11-13 Maret 2021.

Dari hasil pengkajian kasus ini didapatkan data yaitu klien hamil 9 minggu G2P0A1, klien mengeluh mual muntah yang berlebih dan mengeluh nyeri pada bagian ulu hati, klien mengatakan sudah 2 minggu mengalami mual dan muntah tetapi 2 hari terakhir mual muntahnya semakin memberat, klien juga mengatakan kepala terasa ringan dan klien merasa lemas, klien mengeluh haus, klien tampak lemah dan pucat, mengeluh sulit tidur, sering terjaga di malam hari, merasa tidak puas tidur, tekanan darah dan nadi juga menurun. Diagnosa keperawatan yang muncul pada pasien yaitu Hipovolemia, Nausea, dan Gangguan Pola Tidur. Rencana dan implementasi keperawatan sesuai dengan SLKI Keseimbangan cairan, Tingkat Nausea, Pola Tidur, dan SIKI Manajemen Cairan, Manajemen Muntah, Dukungan Tidur. Setelah dilakukan tindakan keperawatan selama 3 hari, masalah Hipovolemia dan Nausea teratasi sebagian dan masalah Gangguan Pola Tidur teratasi.

Simpulan dan saran penulis ini tidak semua yang ada pada tinjauan pustaka ini terdapat pada Ny.Y dengan gangguan kebutuhan cairan elektrolit pada kasus hiperemesis gravidarum. Saran yang diberikan dari laporan ini diharapkan dapat dijadikan sebagai acuan dalam melakukan proses asuhan keperawatan mulai dari pengkajian sampai evaluasi baik di bidang keilmuan atau praktisi keperawatan Rumah Sakit.

Kata Kunci : Asuhan Keperawatan, Hiperemesis Gravidarum, Cairan Elektrolit
Daftar bacaan : 17 (2010-2021)

TANJUNGPURBA HEALTH POLYTECHNIC
KOTABUMI NURSING STUDY PROGRAM
Final Project Report, June 2021

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Nursing Care for Patients with Disorders of the Need for Electrolytes in the Case of Hyperemesis Gravidarum Against Mrs. Y in the Midwifery Room of Handayani Hospital, Kotabumi, North Lampung on March 11-13, 2021

xv+ 52 pages+ 7 tables and 5 attachments

ABSTRACT

Hyperemesis gravidarum is excessive nausea and vomiting in pregnant women, so it can interfere with daily work and cause the situation to get worse, so that it can cause dehydration. Organization (WHO) estimates 5360,000 women died as a direct result of hyperemesis gravidarum if they experienced vomiting, complications of pregnancy and childbirth. One of the complications of pregnancy is hyperemesis gravidarum. The incidence of hyperemesis gravidarum worldwide has been estimated to occur in 1-2% of pregnant women. Based on an initial survey of midwifery inpatient registration data at Handayani Hospital, Kotabumi, North Lampung, the incidence of hyperemesis gravidarum in 2020 only amounted to 9 cases, and in 2021 starting from January to March, only 4 cases experienced hyperemesis gravidarum.

The general objective of this Final Project Report is to provide an overview of Nursing Care for Hyperemesis Gravidarum Patients to Mrs. Y with Electrolyte Disorders in the Midwifery Room of Handayani Hospital, Kotabumi, North Lampung, March 11-13, 2021.

From the results of this case study, data were obtained, namely the client was 9 weeks pregnant G2P0A1, the client complained of excessive nausea and vomiting and complained of pain in the pit of the stomach, the client said he had been experiencing nausea and vomiting for 2 weeks but the last 2 days the nausea and vomiting got worse, the client also said the head felt light and the client feels weak, the client complains of thirst, the client looks weak and pale, complains of difficulty sleeping, is often awake at night, feels unsatisfied sleeping, blood pressure and pulse also decrease. Nursing diagnoses that appear in patients are Hypovolemia, Nausea, and Sleep Pattern Disorders. Nursing plan and implementation according to SLKI Fluid balance, Nausea level, Sleep pattern, and SIKI Fluid Management, Vomiting Management, Sleep Support. After 3 days of nursing action, the problem of Hypovolemia and Nausea was partially resolved and the problem of Sleep Pattern Disorder was resolved.

The conclusions and suggestions of this author, not everything in this literature review is found in Mrs. Y with Disorders of Need for Electrolyte Fluid in the case of Hyperemesis Gravidarum. The advice given from this report is expected to be used as a reference in carrying out the nursing care process starting from assessment to evaluation both in the field of science or hospital nursing practitioners.

Keywords: Hyperemesis Gravidarum Nursing Care, Electrolyte Fluid
Reading list : 17 (2010-2021)