

**POLTEKKES TANJUNGKARANG
JURUSAN KEPERAWATAN TANJUNGKARANG
PRODI DIII KEPERAWATAN TANJUNGKARANG**

Laporan Tugas Akhir, Mei 2022

Fitri Dwi Lestari

**ASUHAN KEPERAWATAN
GANGGUAN KEBUTUHAN CAIRAN DAN ELEKTROLIT
PADA PASIEN *DENGUE HAEMORRHAGIC FEVER* (DHF)
DI RUANG KELAS 3 RS BHAYANGKARA
PROVINSI LAMPUNG
TAHUN 2022**

xiv + 81 Halaman + 18 Tabel + 10 Gambar + 5 Lampiran

ABSTRAK

Kemenkes RI mendefinisikan *Dengue Haemorrhagic Fever* (DHF) merupakan penyakit yang disebabkan oleh virus *dengue* dan ditularkan melalui vektor nyamuk spesies *Aedes aegypti*. Tujuan asuhan keperawatan ini yaitu memberikan gambaran pelaksanaan asuhan keperawatan gangguan kebutuhan cairan dan elektrolit pada pasien DHF di ruang kelas 3 RS Bhayangkara Provinsi Lampung tahun 2022.

Laporan ini menggunakan pendekatan asuhan keperawatan yang berfokus pada pasien gangguan kebutuhan dasar cairan dan elektrolit. Pengkajian dilakukan pada pasien DHF yang mengeluh demam ± 3 hari berturut-turut, tidak nafsu makan, badan terasa lemas, pusing, nyeri perut, mual, muntah, kesadaran composmentis, TD 110/67 mmHg, nadi 119×/menit, RR 22×/menit, SaO₂ 98%, suhu 39,6°C, kulit teraba hangat, konjungtiva anemis, mukosa bibir kering, terdapat bintik-bintik merah di betis dan Trombosit 40.000 uL. Tindakan yang dilakukan untuk mengatasi masalah utama Risiko Hipovolemia pada pasien yaitu dengan manajemen hipovolemia.

Setelah dilakukan asuhan selama 3 hari berturut-turut, dapat disimpulkan bahwa pasien mengalami kemajuan yang signifikan yaitu membran mukosa lembab, TD 120/70 mmHg, RR 20×/menit, nadi 110×/menit, balance cairan 264 cc, kulit teraba hangat, suhu 37,5°C, porsi makan yang diberikan habis, mual muntah berhenti dan nilai Trombosit 110.000 uL. Saran dari penulis yaitu lebih teliti dalam melakukan pengkajian dan pengolahan data agar dapat memberikan asuhan keperawatan secara tepat.

Kata Kunci : DHF, Cairan dan Elektrolit
Daftar Referensi : 23 (2013 – 2022)

**TANJUNGKARANG HEALTH POLYTECHNIC
DEPARTMENT OF NURSING TANJUNGKARANG
TANJUNGKARANG DIII NURSING PROGRAM**

Laporan Tugas Akhir, May 2022

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**NURSING CARE OF FLUID AND ELECTROLYTES REQUIREMENTS
IN DENGUE HAEMORRHAGIC FEVER (DHF) PATIENT
IN CLASS THIRD ROOM OF BHAYANGKARA HOSPITAL
LAMPUNG PROVINCE
2022**

xiv + 81 Pages + 18 Tables + 10 Figures + 5 Appendices

ABSTRACT

The Indonesian Ministry of Health defines Dengue Haemorrhagic Fever (DHF) as a disease caused by the dengue virus and transmitted through the mosquito vector of the *Aedes aegypti* species. The purpose of this nursing care is to provide an overview of the implementation of nursing care for disorders of fluid and electrolyte needs in DHF patients in class 3 at Bhayangkara Hospital, Lampung Province in 2022.

This report uses a nursing care approach that focuses on patients with disorders of basic fluid and electrolyte needs. The assessment was carried out on DHF patients who complained of fever ± 3 consecutive days, no appetite, feeling weak, dizziness, abdominal pain, nausea, vomiting, comatose consciousness, BP 110/67 mmHg, pulse 119 $\times$ /minute, RR 22 $\times$ /min, SaO₂ 98%, temperature 39.6°C, skin feels warm, conjunctiva anemic, dry lip mucosa, there are red spots on the calves and platelets 40,000 uL. Actions taken to overcome the main problem of hypovolemia risk in patients are hypovolemia management.

After care for 3 days in a row, it can be concluded that the patient has made significant progress, namely moist mucous membranes, BP 120/70 mmHg, RR 20 $\times$ /minute, pulse 110 $\times$ /minute, fluid balance 264 cc, skin feels warm, temperature was 37.5°C, the portion of food given was exhausted, nausea and vomiting stopped and the platelet value was 110,000 uL. The suggestions from the author are to be more thorough in conducting assessments and data processing in order to provide nursing care appropriately.

Keywords : DHF, Fluid and Electrolyte

Reference List : 23 (2013 – 2022)