

POLITEKNIK KESEHATAN TANJUNGPINRANG
PRODI KEPERAWATAN KOTABUMI
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Asuhan Keperawatan Pasien Dengan Gangguan Kebutuhan Cairan
Dan Elektrolit Pada Kasus Sirosis Hepatis Terhadap Tn. W di Ruang
Penyakit Dalam B Rumah Sakit Umum Daerah Ahmad Yani Metro
Tanggal 14-16 November 2022

xviii+ 61 halaman, 8 tabel, 2 gambar

RINGKASAN

Sirosis hepatis merupakan penyakit hati kronis yang ditandai adanya perubahan struktur hati dan pembentukan jaringan ikat disertai nodul. Dampak terjadinya perubahan struktur hati menyebabkan peningkatan pada vena portal sehingga terjadi kelebihan natrium dan air lalu divena portal terjadi penyumbatan dan mengakibatkan cairan keluar sehingga menumpuk dirongga perut. Akibatnya jika tidak segera ditangani bisa menyebabkan kematian. Di Indonesia terdapat 26,9 juta penduduk terkena sirosis hepatis pada tahun 2000-2016. Rumusan masalah pada laporan adalah bagaimana asuhan keperawatan pasien dengan gangguan kebutuhan cairan dan elektrolit pada kasus sirosis hepatis pada Tn. W.

Tujuan penulisan laporan ini untuk menggambarkan tentang asuhan keperawatan pasien dengan gangguan kebutuhan cairan dan elektrolit pada kasus sirosis hepatis terhadap Tn. W di ruang penyakit dalam B RSUD Ahmad Yani Metro dengan menggunakan pendekatan proses keperawatan.

Hasil pengkajian yang didapatkan pada Tn. W yaitu nyeri perut kuadran kanan atas seperti ditusuk-tusuk, perut buncit dengan lingkaran perut 65 cm, sesak nafas saat berbaring, perut kembung, tampak meringis, tampak gelisah, tampak meringkuk menghindari nyeri, skala nyeri 6, lemas, klien mengatakan takut saat melakukan pergerakan, semua aktivitas dibantu keluarga, hasil pemeriksaan SGOT 190,3 μ /l, SGPT 142,3 μ /l sehingga ditegakkan diagnosa hipervolemia, nyeri akut, dan gangguan mobilitas fisik. Adapun SLKI yaitu keseimbangan cairan, tingkat nyeri, mobilitas fisik serta SIKI manajemen hipervolemia, manajemen nyeri, dukungan mobilisasi. Evaluasi selama tiga hari menunjukkan masalah keperawatan teratasi untuk diagnosa hipervolemia, teratasi sebagian untuk diagnosa nyeri akut dan gangguan mobilitas fisik.

Simpulan dari penulis didapatkan secara nyata tentang asuhan keperawatan pasien dengan gangguan kebutuhan cairan dan elektrolit pada kasus sirosis hepatis terhadap Tn. W. Saran untuk lahan praktik diharapkan pihak rumah sakit dapat memberikan pelayanan cepat tanggap dan memberikan pendidikan kesehatan terhadap keluarga untuk meningkatkan pengetahuan keluarga tentang penyakit yang dialami klien.

Kata kunci : Asuhan keperawatan, Sirosis hepatis, Gangguan kebutuhan cairan dan elektrolit

Sumber bacaan : 23 (2013-2023)

TANJUNG KARANG HEALTH POLYTECHNIC
NURSING STUDY PROGRAM KOTABUMI
Final Project Report, 14th 2022

Yuni Fitriani,
Nursing Care of Patients with Disorders of Fluid and Electrolyte Needs in the
Case of Cirrhosis of the Hepatis Against Mr. W in the Internal Medicine Room B
of the Ahmad Yani Metro Regional General Hospital
November 14-16, 2022

xviii+ 61 pages, 8 tables, 2 pictures

ABSTRACT

Cirrhosis of the liver is a chronic liver disease characterized by changes in the structure of the liver and the formation of connective tissue accompanied by nodules. The impact of changes in the structure of the liver causes an increase in the portal vein resulting in excess sodium and water and then the portal vein becomes blocked and causes fluid to come out so that it accumulates in the abdominal cavity. As a result, if not treated immediately can cause death. The formulation of the problem in the report is how to care for patients with impaired fluid and electrolyte needs in cases of hepatic cirrhosis on Mr. W. In Indonesia, there were 26.9 million people affected by cirrhosis of the liver in 2000-2016. The purpose of writing this report is to describe the nursing care of patients with impaired fluid and electrolyte requirements in cases of hepatic cirrhosis to Mr. W in internal medicine room B Ahmad Yani Metro Hospital using the nursing process approach.

The results of the study obtained on Mr. W, namely right upper quadrant abdominal pain like stabbing, distended abdomen with abdominal circumference 65 cm, shortness of breath when lying down, flatulence, grimacing, looking anxious, looking curled up to avoid pain, pain scale 6, weakness, the client says he is afraid when doing movement, all activities assisted by the family, the results of the SGOT examination were 190.3 μ /l, SGPT 142.3 μ /l so that the diagnosis of hypervolemia, acute pain, and impaired physical mobility was established. The SLKI namely fluid balance, pain level, physical mobility and SIKI management of hypervolemia, pain management, mobilization support. Evaluation for three days showed that the nursing problem was resolved for the diagnosis of hypervolemia, partially resolved for the diagnosis of acute pain and impaired physical mobility.

The conclusions from the authors obtained significantly about the nursing care of patients with impaired fluid and electrolyte needs in cases of cirrhosis of the liver against Mr. W. Suggestions for practice areas are expected that the hospital can provide responsive services and provide health education to families to increase family knowledge about the client's illness.

Keywords : Nursing Care, Cirrhosis of the Hepatis, Disorders of Fluid and Electrolyte Needs

Reading sources : 23 (2013-2023)