

**POLITEKNIK KESEHATAN TANJUNGPUR  
JURUSAN KEPERAWATAN TANJUNGPUR**

**Karya Tulis Ilmiah, Tahun 2023  
Delia Faramita**

**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN CAIRAN  
PADA PASIEN DENGUE HAEMORHAGIC FEVER  
(DHF) DI RUMAH SAKIT BHAYANGKARA  
POLDA LAMPUNG  
TAHUN 2023**

xi + 73 halaman + 14 tabel + 5 lampiran

**Abstrak**

Penyakit DHF adalah penyakit yang disebabkan oleh virus dengue yang ditularkan melalui gigitan nyamuk *Aedes Aegypti* dan *Aedes Albopictus*, yang mana menyebabkan gangguan pada pembuluh darah kapiler dan pada sistem pembekuan darah, sehingga mengakibatkan perdarahan-perdarahan. Risdas tahun 2022, jumlah kasus dengue mencapai 131.265 kasus. Sementara, jumlah kematiannya mencapai 1.135 kasus. Angka kasus DHF tertinggi terjadi pada Maret dengan jumlah rata-rata 136 kasus. Berdasarkan data yang diperoleh dari RS Bhayangkara Polda Lampung tahun 2023 terdapat 14 pasien dengan diagnosa DHF. Tujuan asuhan keperawatan ini memberikan gambaran asuhan keperawatan gangguan kebutuhan cairan pada pasien DHF. Metode asuhan keperawatan dengan proses askep berfokus pada 2 (dua) subjek asuhan dilaksanakan pada 9-14 Januari 2023 di ruang kelas 2 dan 3 RS Bhayangkara Polda Lampung. Intervensi yang dilakukan yaitu pemenuhan kebutuhan cairan dengan memonitor *intake* dan *output* cairan, memberikan cairan oral 500cc. Hasil asuhan keperawatan di dapatkan kedua pasien membaik dengan indikator suhu tubuh menurun 37°C dari 38,5°C, frekuensi nadi membaik 97 x/menit, CRT < 2 detik, turgor kulit elastis, mukosa bibir lembab, dan *intake output* cairan kedua pasien *balance*, serta kebutuhan cairan kedua pasien terpenuhi. Disarankan askep pada pasien DHF harus selalu memonitor *intake* dan *output* cairan serta memperhatikan suhu tubuh pada pasien agar selalu dalam batasan normal.

Kata kunci : Asuhan keperawatan, DHF, gangguan kebutuhan cairan

Bahan bacaan : 24 (2011-2022)

**TANJUNGGARANG HEALTH POLYTECHNIC  
TANJUNGGARANG DEPARTMENT OF NURSING**

**Final project report, 2023  
Delia Faramita**

**NURSING CARE OF DISORDERS OF FLUID NEEDS  
IN DENGUE HAEMORRHAGIC FEVER (DHF) PATIENTS  
AT THE LAMPUNG POLDA BHAYANGKARA HOSPITAL  
YEAR 2023**

xi + 73 pages + 14 tabels + 5 attachments

**Abstract**

DHF is a disease caused by the dengue virus which is transmitted through the bites of *Aedes Aegypti* and *Aedes Albopictus mosquitoes*, which cause disturbances in the capillaries and the blood clotting system, resulting in bleeding. Riskesdas in 2022, the number of dengue cases has reached 131,265 cases. Meanwhile, the number of deaths reached 1,135 cases. The highest number of dengue cases occurred in March with an average of 136 cases. Based on data obtained from Bhayangkara Polda Lampung Hospital in 2023 there were 14 patients with a diagnosis of DHF. The purpose of this nursing care is to provide an overview of nursing care for impaired fluid requirements in Dengue Haemorrhagic Fever (DHF) patients. The Askep method with the nursing care process focusing on 2 (two) care subjects was carried out on January 9-14 2023 in classrooms 2 and 3 at Bhayangkara Polda Lampung Hospital. The interventions carried out were fulfilling fluid needs by monitoring fluid intake and output, giving 500 cc of oral fluids. The results of nursing care in both patients were improved with indicators of decreased body temperature 37°C from 38.5°C, pulse rate improved 97x/minute, CRT < 2 seconds, elastic skin turgor, moist lip mucosa, and balanced fluid intake and output of both patients, as well as the fluid needs of both patients are met. It is recommended that nursing care for DHF patients should always monitor fluid intake and output and pay attention to body temperature in patients within normal limits.

Key words : Nursing care, DHF, impaired fluid needs

Reading material : 24 (2011-2022)