

POLITEKNIK KESEHATAN TANJUNGPURUN
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, 31 Maret-02 April 2023

Novitasari,

Asuhan Keperawatan Pasien Dengan Gangguan Nutrisi dan Cairan pada Kasus *Hiperemesis Gravidarum* Terhadap Ny. I di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara Tanggal 31 Maret-02 April 2023
xvii + 79 halaman, 10 tabel, 2 gambar

RINGKASAN

Hiperemesis gravidarum adalah mual dan muntah yang terjadi secara berlebihan yang dapat mengganggu proses aktivitas dan membahayakan ibu dan janin. Menurut *World Health Organization* (WHO) angka kejadian *hiperemesis gravidarum* bervariasi, angka kejadian *hiperemesis gravidarum* di Indonesia mulai dari 1-3% dari seluruh kehamilan. Perbandingan insidensi secara umumnya yaitu 4 : 1000. Berdasarkan buku register rawat inap kebidanan di Rumah Sakit Handayani Kotabumi Lampung Utara kejadian *hiperemesis gravidarum* pada tahun 2022 berjumlah 34 kasus, dan pada tahun 2023 terhitung sejak bulan Januari-Maret berjumlah 3 kasus yang mengalami *hiperemesis gravidarum*.

Tujuan umum dari Laporan Tugas Akhir ini yaitu memberikan gambaran Asuhan Keperawatan Pasien dengan Gangguan Kebutuhan Nutrisi dan Cairan pada Kasus *Hiperemesis Gravidarum* Terhadap Ny. I di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara Tanggal 31 Maret – 02 April 2023.

Dari hasil pengkajian didapatkan data yaitu Pasien hamil 16 minggu, mengeluh mual muntah, mengatakan kepala terasa pusing, merasa lemas, tampak lemah dan pucat, mengalami penurunan berat badan, dari 57 kg menjadi 45 kg, mengeluh mual dan muntah sudah sebanyak 4x dari pukul 16.00 – 19.00 WIB disertai nyeri ulu hati dan tidak nafsu makan, akral teraba hangat, turgor kulit menurun, mukosa bibir pucat, Pasien mengalami kerontokan rambut, pengkajian tanda-tanda vital tekanan darah : 90/60 mmHg, nadi : 82 x/menit, RR : 20x/menit, suhu : 36,5°C. Diagnosa keperawatan yang muncul pada pasien yaitu Hipovolemia, Nausea, Defisit Nutrisi. Rencana dan Implementasi keperawatan sesuai dengan SLKI status cairan dan Keseimbangan Cairan, Tingkat Nausea dan Fungsi Gastrointestinal, Status Nutrisi dan Nafsu Makan, dan SIKI Manajemen Hipovolemi dan Pemantauan Cairan, Manajemen Mual dan Manajemen Muntah, Manajemen Nutrisi dan Promosi Berat Badan. Setelah dilakukan tindakan keperawatan selama 3 hari masalah Hipovolemi, Nausea, dan Defisit Nutrisi teratasi sebagian.

Simpulan dari Laporan Tugas Akhir ini bahwa teori proses keperawatan pada Pasien dengan *Hiperemesis Gravidarum* sesuai dengan kondisi Pasien. Saran dari laporan ini diharapkan dapat dijadikan referensi dan bahan pembelajaran dalam penanganan kasus *Hiperemesis Gravidarum*.

Kata kunci: Asuhan Keperawatan, Hiperemesis Gravidarum, Nausea
Sumber : 27 (2010-2022)

TANJUNGPURANG HEALTH POLYTECHNIC
KOTABUMI NURSING STUDY PROGRAM
Final Project Report, 31 March-02 April 2023

Novitasari,

Nursing Care of Patients with Nutritional and Fluid Disorders in the Case of Hyperemesis Gravidarum Against Mrs. I in the Midwifery Room of RSU Handayani Kotabumi, North Lampung on 31 March- 2 April, 2023

xvii + 79 pages, 10 tables, 2 pictures

ABSTRACT

Hyperemesis gravidarum is excessive nausea and vomiting which can interfere with activity processes and endanger the mother and fetus. According to the World Health Organization (WHO) the incidence of hyperemesis gravidarum varies, the incidence of hyperemesis gravidarum in Indonesia ranges from 1-3% of all pregnancies. The general incidence ratio is 4: 1000. Based on the midwifery register book at Handayani Hospital Kotabumi, North Lampung, there were 34 cases of hyperemesis gravidarum in 2022, and in 2023 from January to March there were 3 cases of hyperemesis gravidarum.

The general objective of this Final Project Report is to provide an overview of Nursing Care of Patients with Impaired Nutrition and Fluid Needs in the Case of Hyperemesis Gravidarum Against Mrs. I in the Midwifery Room of RSU Handayani Kotabumi, North Lampung on 31 March - 02 April 2023.

From the results of the study, data was obtained, namely the client was 16 weeks pregnant, complained of nausea, vomiting, said that he had a headache, felt weak, looked weak and pale, experienced weight loss, from 57 kg to 45 kg, complained of nausea and vomited 4 times from 16.00 – 19.00 WIB accompanied by heartburn and no appetite, warm acral, decreased skin turgor, pale lip mucosa, client experiencing hair loss, assessment of vital signs blood pressure : 90/60 mmHg, pulse : 82 x/minute, RR : 20x/minute, temperature : 36,5°C. Nursing diagnoses that appear in patients are Hypovolemia, Nausea, Nutrition Deficit. Nursing plans and implementation according to SLKI fluid status and fluid balance, Nausea Level and Gastrointestinal Function, Nutrition Status and Appetite, and SIKI Hypovolemia Management and Fluid Monitoring, Nausea Management and Vomiting Management, Nutrition Management and Weight Promotion. After taking nursing actions for 3 days the problems of Hypovolemia, Nausea, and Nutritional Deficits were partially resolved.

The conclusion from this final project report is that the theory of the nursing process for clients with Hyperemesis Gravidarum is in accordance with the client's condition. It is hoped that the suggestions from this report can be used as a reference and learning material in handling Hyperemesis Gravidarum cases.

Keywords: *Nursing Care, Hyperemesis Gravidarum, Nausea*

Source : *27 (2010-2022)*