

**POLITEKNIK KESEHATAN TANJUNGPURWATI
JURUSAN KEPERAWATAN TANJUNGPURWATI
PRODI DIII KEPERAWATAN TANJUNGPURWATI**

Laporan Tugas Akhir, 29 Mei 2024

Dea Rahmalia

**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN CAIRAN
PADA PASIEN *CHRONIC KIDNEY DISEASE* (CKD)
DI RUMAH SAKIT MARDI WALUYO
KOTA METRO PROVINSI LAMPUNG
TAHUN 2024**

xii + 53 halaman + 5 tabel + 5 gambar + 7 lampiran

ABSTRAK

Menurut *World Health Organization* (WHO, 2018), CKD telah menjadi masalah kesehatan serius di dunia. Prevalensi penyakit *Chronic Kidney Disease* menurut WHO (2018) menjelaskan bahwa gagal ginjal kronik adalah masalah kesehatan terdapat 1/10 penduduk dunia diidentikkan dengan penyakit ginjal kronis dan diperkirakan 5 sampai 10 juta kematian pasien setiap tahun, dan diperkirakan 1,7 juta kematian setiap tahun karena kerusakan ginjal akut. Berdasarkan data riset kesehatan dasar (Riskesdas) tahun 2018 jumlah pasien gagal ginjal kronik di Indonesia sebanyak 713.783. Sedangkan di Provinsi Lampung insiden gagal ginjal kronik yaitu 22.171 penderita. Berdasarkan data di Rumah Sakit Mardi Waluyo Kota Metro di bagian Ruang Rawat Inap selama Januari 2023 sampai Desember 2023, didapatkan data bahwa pasien yang dirawat di ruang rawat inap dengan diagnosa CKD sebanyak 168 orang. Penulisan ini menggunakan pendekatan studi kasus asuhan keperawatan yang meliputi proses keperawatan mulai dari pengkajian, diagnosis, intervensi, implementasi, serta evaluasi keperawatan. Teknik pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik, dan pemeriksaan penunjang. Tujuan asuhan keperawatan ini yaitu melakukan tindakan asuhan keperawatan gangguan kebutuhan cairan. Asuhan keperawatan pada pasien 1 dilakukan pada 3 s.d 5 Januari 2024 dan pada pasien 2 dilakukan pada tanggal 2 s.d 4 Januari 2024. Hasil asuhan keperawatan setelah dilakukan tindakan manajemen hipervolemia selama tiga hari pada pasien didapatkan haluan urine meningkat ± 200 ml dibuktikan adanya penurunan derajat edema pada tubuh. Saran dari penulis yaitu rumah sakit perlu menyediakan alat ukur urine untuk memonitor volume urine. Hal tersebut diperlukan untuk memfasilitasi perawat dalam memberikan intervensi keperawatan berupa pemantauan intake output yang akurat, sehingga komplikasi overload cairan pada pasien *Chronic Kidney Disease* (CKD) dapat diminimalisasi.

Kata Kunci : Asuhan Keperawatan, CKD, Gangguan Cairan

Daftar Referensi : 28 (2014-2023)

**TANJUNG KARANG HEALTH POLYTECHNIC
TANJUNGPURBA DEPARTMENT OF NURSING
TANJUNGPURBA DIII NURSING PROGRAM**

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**NURSING CARE OF DISORDERED FLUID NEEDS
IN CHRONIC KIDNEY DISEASE (CKD) PATIENT
IN MARDI WALUYO HOSPITAL
METRO CITY LAMPUNG PROVINCE
IN 2024**

xii + 53 pages + 5 tables + 5 pictures + 7 attachments

ABSTRACT

According to the World Health Organization (WHO, 2018), CKD has become a serious health problem in the world. The prevalence of Chronic Kidney Disease according to WHO (2018) explains that chronic kidney failure is a health problem. 1/10 of the world's population is identified with chronic kidney disease and it is estimated that 5 to 10 million patient deaths every year, and an estimated 1.7 million deaths every year due to acute kidney damage. Based on basic health research data (Risksdas) in 2018, the number of chronic kidney failure patients in Indonesia was 713,783. Meanwhile, in Lampung Province, the incidence of chronic kidney failure is 22,171 sufferers. Based on data at Mardi Waluyo Hospital, Metro City in the Inpatient Room section from January 2023 to December 2023, data was obtained that 168 patients were treated in the inpatient room with a diagnosis of CKD. This writing uses a case study approach to nursing care which includes the nursing process starting from assessment, diagnosis, intervention, implementation, and nursing evaluation. Data collection techniques include interviews, observation, physical examination and supporting examinations. The aim of this nursing care is to carry out nursing care actions for fluid need disorders. Nursing care for patient 1 was carried out from 3 to 5 January 2024 and for patient 2 it was carried out from 2 to 4 January 2024. The results of nursing care after taking hypervolemia management measures for three days in the patient showed that the urine output had increased by ± 200 ml, as evidenced by a decrease in the degree of edema on the body. The author's suggestion is that hospitals need to provide urine measuring equipment to monitor urine volume. This is needed to facilitate nurses in providing nursing interventions in the form of accurate monitoring of intake and output, so that complications of fluid overload in Chronic Kidney Disease (CKD) patients can be minimized.

Keyword : Nursing Care, CKD, Fluid Disordered

Bibliography : 28 (2014-2023)