

Siti Herliza,

Asuhan Keperawatan Kasus Stunting pada An.M dengan Gangguan Nutrisi pada Kasus Stunting Terhadap An.M di Wilayah Kerja Puskesmas Kotabumi II Lampung Utara Tanggal 09-11 Maret 2022

xvi + 46halaman, 4 tabel, 1 gambar, dan 4lampiran

## RINGKASAN

Latar belakang dan rumusan masalah, Balita pendek (Stunting) adalah status gizi yang didasarkan pada indeks Panjang Badan menurut Usia (PB/U) atau Tinggi Badan menurut Usia dimana dalam standar antropometri penilaian status gizi anak, hasil pengukuran tersebut berada pada ambang batas (Z-Score)  $< -2$  SD sampai dengan  $-3$  SD (pendek/stunded) dan  $< -3$  SD (Sangat pendek / severely stunded). Stunting adalah masalah kurang gizi yang kurang dalam waktu cukup lama akibat pemberian makanan yang tidak sesuai dengan kebutuhan gizi. Stunting dapat terjadi mulai janin masih dalam kandungan dan baru Nampak saat anak berusia dua tahun (Rahmadhita, 2020). Rumusan masalah pada laporan ini adalah bagaimana gambaran asuhan keperawatan anak dengan gangguan kebutuhan nutrisi pada kasus stunting terhadap An.M di Wilayah Kerja Puskesmas Kotabumi II Gunung Angger Lampung Utara.

Tujuan Penulisan Laporan Tugas Akhir, Penulis mampu menggambarkan Asuhan Keperawatan Pasien Anak Dengan Gangguan Kebutuhan Nutrisi Pada Kasus Stunting Terhadap An.M di Wilayah Kerja Puskesmas Kotabumi II Desa Gunung Angger Lampung Utara Tanggal 09-11 Maret 2022.

Hasil pengkajian pada kasus ini didapatkan data yaitu, An.M terlihat klien tampak lemas tidak ceria, kuku tampak kotor, tangan tampak kotor, kontak mata klien kurang. Badan klien tampak kurus dan kecil, serta pendek, tidak seperti anak seusianya. Tampak klien suka mengences, keluar air liur begitu saja. BB klien 8,5 kg, dan tinggi badan 74 cm, klien kurang suka makan sayur dan buah, jika makan sayur dan buah pun ia hanya mau makan sayur bayam dan buah jeruk, lebih suka dan sering makan jajanan. Diagnosa yang ditegakkan adalah Gangguan Tumbuh Kembang, Risiko Defisit Nutrisi, Risiko Gangguan Perlekatan. SLKI : Status Perkembangan, Nafsu Makan, Kinerja Pengasuhan. SIKI : Perawatan Perkembangan, Edukasi Nutrisi Anak, Dukungan Penampilan Peran. Setelah dilakukan tindakan keperawatan selama tiga hari, evaluasi masalah ketiga diagnosa tersebut beberapa dapat teratasi.

Kesimpulan dan saran, simpulan dari tiga diagnosa sesuai teori : Gangguan Tumbuh kembang, Risiko Defisit Nutrisi, Risiko Gangguan Perlekatan. Saran dari laporan ini diharapkan dapat menjadi bahan pertimbangan dalam melaksanakan Asuhan Keperawatan bagi perawat di Puskesmas Kotabumi II Lampung Utara.

Kata Kunci : Asuhan Keperawatan, Stunting, Nutrisi  
Sumber Bacaan : 16 (2013-2021)

TANJUNGPURBA HEALTH POLYTECHNIC  
KOTABUMI NURSING STUDY PROGRAM  
Final Project Report, 09 March 2022

Siti Herliza,

Nursing Care for Stunting Cases in An.M with Nutritional Disorders in Stunting Cases for An.M in the Work Area of the Kotabumi II Health Center, North Lampung, 09-11 March 2022

xvi + 46pages, 4 tables, 1 images and 4attachments

**ABSTRACT**

Background and problem formulation, stunting is a nutritional status based on the index of body length according to age (PB/U) or height according to age where in anthropometric standards for assessing children's nutritional status, the measurement results are at the threshold (Z. -Score)  $<-2$  SD to  $-3$  SD (short/stunted) and  $<-3$  SD (Very short/severely stunted). Stunting is a problem of malnutrition that is lacking for a long time due to feeding that is not in accordance with nutritional needs. Stunting can occur from the time the fetus is still in the womb and only appears when the child is two years old (Rahmadhita, 2020). The formulation of the problem in this report is how the description of nursing care for children with impaired nutritional needs in cases of stunting for An.M in the Kotabumi II Public Health Center, Gunung Angger, North Lampung is described.

The purpose of writing the final project report, the author is able to describe the nursing care of children with nutritional needs disorders in cases of stunting for children in the working area of the Kotabumi II Public Health Center, Gunung Angger Village, North Lampung, March 9-11 2022.

The results of the study in this case obtained data, namely, An.M seen that the client looked weak and not cheerful, his nails looked dirty, his hands looked dirty, the client's eye contact was lacking. The client's body looks thin and small, and short, unlike children his age. Looks like the client likes to pee, saliva just comes out. The client's weight is 8.5 kg, and the height is 74 cm, the client does not like to eat vegetables and fruit, even if he eats vegetables and fruit he only wants to eat spinach and citrus fruits, prefers and often eats snacks. The established diagnosis is Developmental Disorder, Risk of Nutritional Deficit, Risk of Attachment Disorder. SLKI : Developmental Status, Appetite, Parenting Performance. SIKI : Developmental Care, Child Nutrition Education, Role Performance Support. After carrying out nursing actions for three days, the evaluation of the problems of the three diagnoses can be resolved.

Conclusions and suggestions, conclusions from three diagnoses according to theory: Developmental Disorders, Risk of Nutritional Deficit, Risk of Attachment Disorders. Suggestions from this report are expected to be taken into consideration in implementing nursing care for nurses at the Kotabumi II Public Health Center, North Lampung.

Keywords: Nursing Care, Stunting, Nutrition

Reading Source: 16 (2013-2021)