

## **ABSTRAK**

### **ASUHAN KEPERAWATAN GANGGUAN MOBILITAS FISIK PADA KLIEN DENGAN GAGAL GINJAL KRONIK DI RS GATOEL MOJOKERTO**

**OLEH : FENNY DWI BUDIARTI**

Gagal ginjal kronis terjadi ketika fungsi ginjal telah sangat berkurang akibat proses penyakit kronis, disertai retensi produk limbah nitrogen yang biasanya diekskresi dalam urin. Kondisi ini dapat menimbulkan dampak salah satunya yaitu gangguan mobilitas fisik. Tujuan dari penelitian ini untuk memberikan gambaran nyata tentang pelaksanaan asuhan keperawatan gangguan mobilitas fisik pada klien dengan gagal ginjal kronik di ruang Hemodialisa Rumah Sakit Gatoel Kota Mojokerto. Peneliti membuat karya tulis ilmiah dengan desain studi kasus jenis deskriptif. Pemberian asuhan keperawatan pada klien yang mengalami gangguan mobilitas fisik pada klien dengan gagal ginjal kronik dimulai dari pengkajian, diagnosa, perencanaan, tindakan dan evaluasi. Data penelitian ini diambil dengan teknik wawancara dalam pengkajian, pemeriksaan fisik, observasi dan pengumpulan data pada penderita gagal ginjal kronik. Hasil penelitian ini didapatkan masalah gangguan mobilitas fisik belum teratasi atau teratasi sebagian dengan kriteria (1) Kemudahan dalam melakukan aktifitas meningkat (2) Pergerakan ekstremitas kekuatan otot Rentang Gerak (ROM) belum ada peningkatan yang signifikan (3) Kelemahan fisik menurun (4) Keluhan Lelah saat aktivitas menurun keluhan kram berkurang dan keluhan lelah saat beraktivitas berkurang. Pemberian asuhan keperawatan selama 3x24 jam pada kedua klien menunjukkan hasil tindakan keperawatan yang belum teratasi atau teratasi sebagian. Saran kepada klien dan keluarga diharapkan untuk melatih ROM dirumah

**Kata kunci : gangguan mobilitas fisik, gagal ginjal kronik**

## **ABSTRACT**

### **NURSING CARE IMPAIRED PHYSICAL MOBILITY ON CLIENTS WITH CHRONIC KIDNEY FAILURE AT GATOEL MOJOKERTO HOSPITAL**

**BY: FENNY DWI BUDIARTI**

Chronic renal failure occurs when kidney function has been severely reduced as a result of a chronic disease process, accompanied by retention of nitrogenous waste products that are normally excreted in the urine. This condition can have an impact, one of which is impaired physical mobility. The purpose of this study is to provide a real picture of the implementation of nursing care for impaired physical mobility in clients with chronic kidney failure in the Hemodialysis Room of Gatoel Hospital, Mojokerto City. The researcher makes a scientific paper with a descriptive type case study design. The provision of nursing care to clients who experience physical mobility disorders in clients with chronic kidney failure starts from assessment, diagnosis, planning, action and evaluation. The data of this study were taken by interviewing techniques in assessment, physical examination, observation and data collection in patients with chronic kidney failure. The results of this study found that the problem of physical mobility disorders has not been resolved or partially resolved with the criteria (1) Increased ease of doing activities (2) Movement of extremities muscle strength Range of motion (ROM) has not been significantly increased (3) Physical weakness decreased (4) Complaints Fatigue when activity decreases, complaints of cramps are reduced and complaints of fatigue during activities are reduced. The provision of nursing care for 3x24 hours to both clients shows the results of nursing actions that have not been resolved or partially resolved. Suggestions to clients and families are expected to practice ROM at home

**Keywords: impaired physical mobility, chronic kidney failure**