

ABSTRAK

ASUHAN KEPERAWATAN DENGAN MASALAH HIPERVOLEMIA PADA PASIEN CHRONIC KIDNEY DISEASE DI RSI SAKINAH MOJOKERTO

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Hipervolemia disebabkan oleh berbagai penyakit, salah satunya adalah gagal ginjal kronis. Gagal ginjal kronis atau *chronic kidney disease* (CKD) ialah suatu masalah pada fungsi ginjal dalam waktu lebih dari 3 bulan yang mengalami penurunan dalam mengatur keseimbangan cairan dan ion dalam tubuh. Sehingga hal tersebut dapat menimbulkan hipervolemia (H Baumeister, 2019). Hipervolemia merupakan masalah yang sangat perlu diperhatikan karena dapat menyebabkan sirkulasi tubuh terganggu. Tujuan penelitian ini melaksanakan asuhan keperawatan pada pasien gagal ginjal kronis (CKD) dengan masalah hipervolemia. Metode penelitian Case Study yaitu melalui studi kasus pada pasien chronic kidney disease yang mengalami hipervolemia yang terdiri dari 2 partisipan. Hasil pengkajian didapatkan keluhan sesak napas, edema, berat badan meningkat secara cepat, haluaran urine sedikit, hasil laju filtrasi glomerulus mengalami penurunan yaitu kurang dari 15. Diagnosis keperawatan yang ditegakkan yaitu hipervolemia berhubungan dengan gangguan mekanisme regulasi. Implementasi keperawatan yang dilakukan sesuai dengan intervensi yang sudah direncanakan. Evaluasi keperawatan selama 3x kunjungan dalam waktu 1x4 jam, pada partisipan 1 masalah keperawatan hipervolemia tidak ada dan pada partisipan 2 masalah keperawatan hipervolemia tidak ada. Secara klinis pada partisipan menunjukkan penurunan edema, intake menurun, haluaran urine meningkat, dan tekanan darah terkontrol. Pasien dengan chronic kidney disease yang mengalami masalah keperawatan hipervolemia dapat dilakukan intervensi mandiri tentang pembatasan asupan cairan dan pemantauan balance cairan secara tepat untuk mengurangi penumpukan cairan di dalam tubuh.

Kata kunci: Chronic kidney Disease (CKD), Hipervolemia

ABSTRACT

NURSING CARE WITH HYPERVOLEMIA PROBLEMS IN CHRONIC KIDNEY DISEASE AT HOSPITAL ISLAMIC SAKINAH MOJOKERTO

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Hypervolemia is caused by various diseases, one of which is chronic kidney failure. Chronic kidney failure or chronic kidney disease (CKD) is a problem with kidney function lasting more than 3 months which results in a decrease in regulating the balance of fluids and ions in the body. So this can cause hypervolemia (H Baumeister, 2019). Hypervolemia is a problem that really needs attention because it can disrupt body circulation. The aim of this research is to carry out nursing care for chronic kidney failure (CKD) patients with hypervolemia problems. The Case Study research method is through a case study of chronic kidney disease patients who experience hypervolemia consisting of 2 participants. The results of the assessment showed complaints of shortness of breath, edema, rapid increase in body weight, little urine output, glomerular filtration rate results decreased, namely less than 15. The nursing diagnosis made was hypervolemia related to impaired regulatory mechanisms. The implementation of nursing is carried out in accordance with the interventions that have been planned. Nursing evaluation during 3 visits within 1 x 4 hours, in participant 1 there was no hypervolemia nursing problem and in participant 2 there was no hypervolemia nursing problem. Clinically, participants showed decreased edema, decreased intake, increased urine output, and controlled blood pressure. Patients with chronic kidney disease who experience hypervolemia nursing problems can undergo independent intervention regarding limiting fluid intake and monitoring fluid balance appropriately to reduce fluid accumulation in the body.

Key words: Chronic kidney disease (CKD), Hypervolemia