

## ABSTRAK

Nama Mahasiswa : Kusumaning Indahyani  
Progra Studi : Profesi Ners  
Judul : Analisis asuhan keperawatan anak dengan diare melalui pemberian susu bebas laktosadi Ruang Asoka RSUD Bangil Pasuruan  
Pembimbing : Dr. Tri Ratnaningsih, S.Kep.Ns., M.Kes

Penyakit diare masih menjadi masalah global yang mempunyai derajat kesakitan dan kematian tinggi di berbagai negara terutama di negara berkembang, Masalah yang sering ditemukan pada anak diare adalah kehilangan cairan akibat buang air besar cair secara berlebihan dan mual muntah sehingga berisiko mengalami hipovolemia. Tujuan dari asuhan keperawatan ini adalah mampu melakukan asuhan keperawatan anak dengan diare melalui pemberian susu bebas laktosa di Ruang Asoka RSUD Bangil Pasuruan. Metode yang digunakan dalam melakukan asuhan keperawatan secara menyeluruh tentang diare. Partisipan dalam studi kasus ini adalah 2 anak dengan kriteria jenis kelamin laki-laki, mengalami diare dengan diare. Teknik pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Hasil dari asuhan keperawatan secara menyeluruh selama 3x24 jam pada partisipan, dalam pengkajian data dasar ditemukan data subjektif dan data objektif yang menunjukkan kedua partisipan mengalami diare. Rencana asuhan sesuai dengan yang diimplementasikan dalam asuhan keperawatan. Implementasi *evidence based nursing* menggunakan susu bebas laktosa. Evaluasi pada ketiga klien masalah teratasi pada hari ketiga dimana kekuatan nadi meningkat, turgor kulit membaik, output urine membaik, frekuensi nadi membaik, membran mukosa membaik. Diare dapat diatasi dengan memberikan susu bebas laktosa. Hal ini dilakukan untuk mencegah terkumpulnya sekret dalam saluran nafas tetapi juga mempercepat pengeluaran sekret sehingga tidak terjadi atelektasis.

**Kata Kunci:** diare, anak, diare, susu bebas laktosa

## ABSTRACT

Student's Name : Kusumaning Indahyani  
Study Programme : Ners Profession  
Tittle : Nursing care analysis for children with diarrhea by providing lactose-free milk to overcome the nursing problem of risk of hypovolemia in the Ashoka Room at Bangil Pasurun Regional Hospital  
Supervisor : Dr. Tri Ratnaningsih, S.Kep.Ns., M.Kes

Diarrhea is still a global problem that has a high degree of morbidity and mortality in various countries, especially in developing countries. The problem that is often found in children with diarrhea is fluid loss due to excessive liquid defecation and nausea, vomiting, which puts them at risk of experiencing hypovolemia. The aim of this nursing care is to be able to provide nursing care for children with diarrhea by providing lactose-free milk to overcome the nursing problem of risk of hypovolemia in the Ashoka Room at Bangil Pasurun Regional Hospital. Methods used in providing comprehensive nursing care regarding the risk of hypovolemia. Participants in this case study were 2 children with male gender criteria, experiencing diarrhea with a risk of hypovolemia. Data collection techniques include interviews, observation, physical examination, and documentation studies. The results of comprehensive nursing care for 3 x 24 hours for participants, in the basic data assessment, subjective data and objective data were found which showed that both participants were at risk of hypovolemia. The care plan is in accordance with what is implemented in nursing care. Implementation of evidence based nursing using lactose free milk. Evaluation of the three clients' problems resolved on the third day where pulse strength increased, skin turgor improved, urine output improved, pulse frequency improved, mucous membranes improved. The risk of hypovolemia can be overcome by providing lactose-free milk. This is done to prevent accumulation of secretions in the respiratory tract but also to speed up the release of secretions so that atelectasis does not occur.

**Keywords: risk of hypovolemia, children, diarrhea, lactose-free milk**