

ABSTRAK

ASUHAN KEPERAWATAN DENGAN HIPOVOLEMIA PADA LANSIA YANG MENGALAMI DIARE DI RSUD RA BASOENI KABUPATEN MOJOKERTO

Oleh : Adelia Rahmawati

Diare adalah peradangan pada lambung, usus kecil dan usus besar dengan keadaan tidak normalnya pengeluaran feses yang ditandai dengan peningkatan volume dan keenceran feses serta frekuensi buang air besar lebih dari 3 kali sehari dengan atau tanpa lendir darah yang berisiko terjadi kekurangan volume cairan (*hipovolemia*) jika tidak segera diatasi. Penelitian ini dilakukan di RSUD RA Basoen Gedek Kabupaten Mojokerto. Asuhan keperawatan dilakukan selama 3 hari dari tanggal 10 Juli 2022 sampai tanggal 12 Juli 2022. Hasil penelitian ini didapatkan setelah dilakukan asuhan keperawatan 3 hari diharapkan *hipovolemia* pada kedua klien dapat teratasi, keluhan lemah dan haus kedua klien menurun. Klien 1 sudah menunjukkan penurunan rasa lemah dan haus dengan melaporkan pola BAB normal, karakteristik feses lunak, tidak mengalami nausea vomiting, kesulitan tidur menurun, tekanan darah normal, intake output seimbang dan dapat menuntaskan aktivitas. Sedangkan klien 2 menunjukkan penurunan rasa lemah dan haus dengan melaporkan pola BAB normal, karakteristik feses lunak, tidak mengalami nausea vomiting, kesulitan tidur menurun, tekanan darah normal, intake output seimbang dan dapat menuntaskan aktivitas, sehingga masalah *hipovolemia* pada klien 1 dan klien 2 teratasi. Pemberian asuhan keperawatan dan lansia efektif menyeimbangkan cairan antara intake output terutama pemberian cairan intravena dan menganjurkan minum 2 liter/hari pada lansia yang mengalami hipovolemia pada diare.

Kata Kunci : Asuhan Keperawatan, Lansia, Hipovolemia, Diare

ABSTRACT

NURSING CARE WITH HYPOVOLEMIA IN THE ELDERLY WHO EXPERIENCED DIARRHOO IN RSUD RA BASOENI MOJOKERTO DISTRICT

By: Adelia Rahmawati

Diarrhea is an inflammation of the stomach, small intestine and large intestine with abnormal discharge of feces which is characterized by an increase in the volume and thinness of the stool and the frequency of defecation more than 3 times a day with or without blood mucus which is at risk for lack of fluid volume (*hypovolemia*). not immediately resolved. The purpose of this study was to provide a real picture of the implementation of nursing care for the elderly with *hypovolemia* in cases of diarrhea. The researcher made a paper with a descriptive type case study design. Providing nursing care to patients who experience *hypovolemia* starting from assessment, nursing diagnosis, planning, action and evaluation. This research was conducted in RSUD RA Basoeni Gedek, Mojokerto Regency. Nursing care was carried out for 3 days from July 10, 2022 to July 12, 2022. The results of this study were obtained after 3 days of nursing care, it was hoped that *hypovolemia* in both clients could be resolved, complaints of weakness and thirst for both clients decreased. Client 1 has shown a decrease in weakness and thirst by reporting normal bowel patterns, soft stool characteristics, not experiencing nausea and vomiting, decreased sleep difficulties, normal blood pressure, balanced intake and output and able to complete activities. While client 2 showed a decrease in weakness and thirst by reporting normal bowel patterns, soft stool characteristics, not experiencing nausea and vomiting, decreased sleep difficulties, normal blood pressure, balanced intake and output and able to complete activities, so that the problem of *hypovolemia* in client 1 and client 2 was resolved.

Keywords: Nursing Care, Elderly, Hypovolemia, Diarrhea