

## ABSTRAK

### **ANALISIS ASUHAN KEPERAWATAN PADA PASIEN *CHRONIC KIDNEY DISEASE* (CKD) DENGAN HIPERVOLEMIA MELALUI PENERAPAN *ANKLE PUMP EXERCISE* DAN ELEVASI 30° DI RUANG IXIA RSUD IBNU SINA GRESIK**

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*Chronic Kidney Disease* (CKD) merupakan penyakit ginjal kronis yang menyebabkan penurunan fungsi ginjal secara progresif sehingga mengakibatkan retensi cairan dan natrium yang memicu hipervolemia serta edema pada ekstremitas bawah. Karya Ilmiah Akhir Ners ini bertujuan menganalisis asuhan keperawatan pada pasien CKD dengan hipervolemia melalui penerapan *ankle pump exercise* dan elevasi 30° di Ruang Ixia RSUD Ibnu Sina Gresik. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi pada satu pasien CKD dengan hipervolemia. Intervensi dilakukan selama tiga hari melalui kombinasi *ankle pump exercise* dan elevasi 30° disertai tindakan keperawatan sesuai standar. Hasil menunjukkan adanya penurunan edema pada ekstremitas bawah, berkurangnya keluhan sesak napas, perbaikan sirkulasi perifer, serta peningkatan kenyamanan pasien. Pasien juga mampu melakukan latihan secara mandiri dengan bimbingan perawat sehingga tujuan keperawatan sebagian besar tercapai. Penerapan kombinasi *ankle pump exercise* dan elevasi 30° efektif sebagai intervensi keperawatan nonfarmakologis dalam membantu menurunkan edema dan memperbaiki status cairan pada pasien CKD dengan hipervolemia.

**Kata Kunci:** Asuhan Keperawatan, *Ankle Pump Exercise*, *Chronic Kidney Disease*, Elevasi 30, Hipervolemia,.

## ABSTRACT

### **Nursing Care Analysis for Chronic Kidney Disease (CKD) Patients with Hypervolemia Through the Implementation of Ankle Pump Exercise and 30° Elevation in Room IXIA, Ibnu Sina General Hospital Gresik**

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*Chronic Kidney Disease (CKD) is a progressive condition characterized by irreversible decline in kidney function, leading to sodium and fluid retention that results in hypervolemia and lower extremity edema. This Nursing Professional Final Scientific Paper aimed to analyze nursing care for patients with CKD experiencing hypervolemia through the application of ankle pump exercise and 30° leg elevation in the Ixia Ward of Ibnu Sina Regional Hospital, Gresik. This study employed a case study design using the nursing process approach, including assessment, nursing diagnosis, planning, implementation, and evaluation, involving one patient with CKD and hypervolemia. The intervention was carried out for three consecutive days by combining ankle pump exercise with 30° leg elevation, accompanied by standard nursing care. The results showed a reduction in lower extremity edema, decreased shortness of breath, improved peripheral circulation, and increased patient comfort. The patient was also able to perform the exercise independently under nursing supervision, indicating that most nursing goals were achieved. The combination of ankle pump exercise and 30° leg elevation is an effective non-pharmacological nursing intervention to reduce edema and improve fluid status in patients with CKD and hypervolemia.*

**Keywords:** *Chronic Kidney Disease, Hypervolemia, Ankle Pump Exercise, 30° Leg Elevation, Nursing Care.*