ABSTRAK

Dampak yang dihadapi pasien *Dengue Hemoragic Fever* yaitu trombositopenia. Trombositopenia dialami karena terdapat perdarahan pada kulit seperti patekia atau perdarahan mukosa mulut. Hal ini karena trombosit tidak di produksi atau kurang di produksi di sumsum tulang karena adanya kerusakan trombosit pada sirkulasi darah. Upaya mengatasi masalah tersebut bisa dilakukan dengan memberikan sari kurma. Tujuan dalam penelitian ini yaitu untuk pengaruh konsumsi sari kurma terhadap jumlah trombosit pada anak dengan DHF di ruang Sakura RSUD Kota Bandung

Desain penelitian berupa *pre-eksprimen.* Rancangan yang digunakan adalah *one group pre test and posttest design.* Populasi sebanyak 83 orang pasien anak DHF, sampel sebanyak 18 orang dengan teknik *consecutive sampling*. Pengumpulan data dengan melihat kadar trombosit hasil laboratorium. Intervensi yang diberikan berupa konsumsi sari kurma 3x5 ml setiap hari selama 3 hari berturut-turut. Analisis data menggunakan analisis univariat berupa rerata dan bivariat berupa uji Wilcoxon.

Hasil penelitian didapatkan rerata trombosit pada anak dengan DHF sebelum mengonsumsi sari kurma dengan mean 59.055,55/µl. Rerata trombosit pada anak dengan DHF setelah mengonsumsi sari kurma dengan mean 100.777,78/µl. Ada pengaruh konsumsi sari kurma terhadap jumlah trombosit dengan p-value 0,000 < 0,05.

Kandungan sari kurma membantu pembentukan hemoglobin yang dapat membantu mengangkut oksigen lebih besar sehingga membantu mempercepat metabolisme dalam sel. Peningkatan metabolisme ini akan meningkatkan produksi energi yang berguna untuk mempertahankan sel supaya tidak rusak dan membangun kembali sel yang rusak. Saran bagi rumah sakit bisa menjadikan konsumsi sari kurma sebagai operasional prosedur untuk meningkatkan trombosit pada pasien DHF.

Kata Kunci : DHF, Sari Kurma, Trombosit.
Daftar Pustaka : 22 Buku (tahun 2016-2019)
9 Jurnal (tahun 2015-2020)

ABSTRACT

The impact that will be faced by patients with Dengue Hemorrhagic Fever is thrombocytopenia. It is experienced due to bleeding in the skin such as petechiae or bleeding from the oral mucosa. This is because of the platelets did not produce or less produce in the bone marrow due to damage to platelets in the blood circulation. The efforts to overcome this problem can be done by giving "Sari Kurma". The purpose of this research was to determine the effect of consumption of "Sari Kurma" on the number of children's platelets with DHF in Sakura room of the Bandung Regional Public Hospital.

The research design was in the form of a pre-experiment. The design used was one group pre and posttest. The population was 83 children with DHF, the samples used were 18 people with consecutive sampling technique. Data collection was taken by looking results of platelet levels from the laboratory results. The intervention provided was in the form of consuming "Sari Kurma" 3x5 ml every day for 3 consecutive days. Data analysis used univariate in the form of a mean and bivariate in the form of Wilcoxon test.

The results showed that the mean of platelet in children with DHF before consuming "Sari Kurma" was 59,055.55/µl and after consuming "Sari Kurma" was 100,777.78/µl. There is an effect of consumption of "Sari Kurma" on the number of platelets with p-value 0.000 <0.05.

The variety contents in "Sari Kurma" help the formation of hemoglobin which can help transport more oxygen so that it can accelerate metabolism in the cells. This metabolism will increase the production of energy that is useful for maintaining cells from being damaged and rebuild the cells that have been damaged. The suggestion for the hospital is that make a consumption of Sari Kurma as the Standard Operational Procedure to increase the platelets in DHF patients.

Keywords : DHF, Sari Kurma, Platelets.
Bibliography : 22 Books (2016-2019)
9 Journals (2015-2020)