ASUHAN KEPERAWATAN PADA KELUARGA BALITA GIZI KURANG DENGAN MASALAH KEPERAWATAN MANAJEMEN KESEHATAN KELUARGA TIDAK EFEKTIF DI UPTD PUSKESMAS CIBIRU KELURAHAN CIPADUNG

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ABSTRAK

Latar belakang :Gizi kurang pada balita merupakan masalah kesehatan yang masih sering ditemukan dan dapat menyebabkan gangguan pertumbuhan serta penurunan daya tahan tubuh. Kondisi ini berhubungan dengan kemampuan keluarga dalam memenuhi kebutuhan nutrisi anak. Salah satu masalah keperawatan yang sering muncul adalah manajemen kesehatan keluarga tidak efektif. Penelitian ini bertujuan menggambarkan asuhan keperawatan pada keluarga dengan balita gizi kurang di wilayah kerja UPTD Puskesmas Cibiru Kelurahan Cipadung.Metode penelitian menggunakan studi kasus dengan pendekatan deskriptif melalui pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Intervensi unggulan berupa edukasi gizi seimbang menggunakan media leaflet dan isi piringku dengan pendekatan supportive educative nursing intervention, pemantauan status gizi, serta pendampingan keluarga dalam pemenuhan nutrisi balita.Hasil penelitian menunjukkan adanya peningkatan pengetahuan keluarga mengenai kebutuhan gizi dan pentingnya pemantauan pertumbuhan balita. Namun, keluarga belum mampu menerapkan pola makan sehat secara optimal sesuai kondisi ekonomi keluarga. Kesimpulannya, asuhan keperawatan keluarga melalui edukasi dan pendampingan mampu meningkatkan pengetahuan serta kemampuan keluarga dalam pengelolaan kesehatan balita gizi kurang.

Kata kunci : balita, gizi kurang, malnutrition, nursing care, family health management

NURSING CARE FOR FAMILIES OF UNDERNUT TODDLERS WITH NURSING PROBLEMS IN EFFECTIVE FAMILY HEALTH MANAGEMENT IN CIBIRU VILLAGE CIPADUNG SUB-DISTRICT

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ABSTRACT

Malnutrition in toddlers is a health problem that is still commonly found and can cause growth disorders and decreased body immunity. This condition is related to the family's ability to fulfill the nutritional needs of children. One of the nursing problems that often arises is ineffective family health management. This study aimed to describe nursing care in families with malnourished toddlers in the working area of UPTD Puskesmas Cibiru, Cipadung Village.The research method used was a case study with a descriptive approach through assessment, nursing diagnosis, intervention, implementation, and evaluation. Data were collected through interviews, observations, physical examinations, and documentation. The main intervention included balanced nutrition education using leaflets and "Isi Piringku" media with a supportive educative nursing intervention approach, monitoring nutritional status, and assisting families in fulfilling toddlers' nutritional needs.The results showed an increase in family knowledge regarding nutritional needs and the importance of monitoring toddler growth. However, families were not yet able to implement healthy eating patterns optimally according to their economic conditions. The obstacles found were eating habits that were difficult to change, parenting patterns applied in daily life, and difficulties in arranging simple menus using available food ingredients at home. Therefore, comprehensive and continuous assistance is needed so that families are able to implement healthy eating patterns according to toddlers' nutritional needs.

Keywords: family health management, malnutrition, nursing care, toddler, undernutrition