

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA AN.R USIA 3 TAHUN DIAGNOSA MEDIS SINDROM NEFROTIK DENGAN INTERVENSI ANKLE PUMPING EXERCISE DIRUANG HUSAIN BIN ALI RSUD AL-IHSAN

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Sindrom nefrotik merupakan sekumpulan gejala yang mengindikasikan ginjal tidak bekerja secara normal yang biasanya terjadi ketika glomerulus rusak sehingga menyebabkan terlalu banyak protein yang bocor dari darah ke dalam urin. Sindrom Nefrotik apabila tidak ditangani dengan benar akan menyebabkan kegawatan seperti terjadinya syok hipovolemik, infeksi, gagal ginjal akut, hipertensi, trombosis, malnutrisi, gangguan elektrolit, serta keterlambatan pertumbuhan dan perkembangan. Salah satu intervensi keperawatan ankle pump exercise mampu mengurangi tingkat edema pada kaki. Untuk mengidentifikasi intervensi ankle pump exercise dalam mengatasi masalah hipervolemia dengan edema pada An.R dengan diagnosa sindrom nefrotik di ruang Husain Bin Ali RSUD Al-Ihsan. Pendekatan studi kasus pada satu pasien anak An.R di ruang Husain Bin Ali RSUD Al-Ihsan, dengan pengumpulan data melalui observasi, wawancara, dan dokumentasi keperawatan. Intervensi dilakukan selama 3 hari berturut-turut, sebanyak 3 sesi per hari, dengan durasi latihan 2 menit per sesi. Derajat edema dievaluasi menggunakan skala klinis (grade 0–4). Menunjukkan adanya penurunan edema dari derajat 3 menjadi derajat 1 pada ekstremitas bawah setelah intervensi. Intervensi ankle pumping exercise terbukti efektif menurunkan derajat edema pada pasien sindrom nefrotik anak dengan masalah keperawatan hipervolemia. Pendekatan studi kasus ini memberikan wawasan aplikatif dalam penerapan intervensi non-farmakologis di ruang rawat anak. Diharapkan ankle pumping exercise dapat dijadikan intervensi non-farmakologis rutin dalam asuhan keperawatan anak dengan sindrom nefrotik, serta dilakukan penelitian lebih lanjut dengan jumlah kasus yang lebih banyak untuk menguatkan hasil temuan ini.

Kata kunci : Anak, *Ankle pump exercise*, Sindrom nefrotik

ABSTRACT

ANALYSIS OF NURSING CARE FOR A 3-YEAR-OLD CHILD WITH A MEDICAL DIAGNOSIS OF NEPHROTIC SYNDROME WITH AN ANKLE PUMPING EXERCISE INTERVENTION IN THE HUSAIN BIN ALI ROOM AL-IHSAN REGIONAL HOSPITAL

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Nephrotic syndrome is a collection of symptoms indicating that the kidneys are not functioning normally, usually occurring when the glomeruli are damaged, causing excessive amounts of protein to leak from the blood into the urine. If not treated properly, nephrotic syndrome can lead to serious complications such as hypovolemic shock, infection, acute kidney failure, hypertension, thrombosis, malnutrition, electrolyte imbalances, and delayed growth and development. One nursing intervention, ankle pumping exercise, can help reduce the level of edema in the legs. To identify the implementation of ankle pumping exercise in addressing the problem of hypervolemia with edema in a pediatric patient (An.R) diagnosed with nephrotic syndrome in the Husain Bin Ali Room, RSUD Al-Ihsan. A case study approach on one pediatric patient (An.R) in the Husain Bin Ali Room, RSUD Al-Ihsan, using data collection methods such as observation, interviews, and nursing documentation. The intervention was carried out over three consecutive days, with three sessions per day, each lasting two minutes. The degree of edema was assessed using a clinical grading scale (grade 0–4). The intervention resulted in a reduction of edema in the lower extremities, from grade 3 to grade 1. Ankle pumping exercise proved to be effective in reducing the degree of edema in pediatric nephrotic syndrome patients with hypervolemia. This case study provides practical insight into the application of non-pharmacological interventions in pediatric inpatient care. Ankle pumping exercise is recommended as a routine non-pharmacological intervention in nursing care for children with nephrotic syndrome, and further research with a larger sample size is suggested to strengthen these findings.

Keywords: *Children, Ankle pump exercise, Nephrotic syndrome*