

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA NY.E DENGAN PEMBERIAN TERAPI ANKLE PUMP EXERCISE DAN ELEVASI 30° DALAM MENURUNKAN EDEMA PADA PASIEN PENYAKIT GINJAL KRONIS DI RUANG ICU RSUD WELAS ASIH PROVINSI JAWA BARAT

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Penyakit Ginjal Kronis (PGK) adalah penyakit yang disebabkan oleh disfungsi atau kerusakan ginjal. Pasien PGK biasanya mengalami masalah edema ditandai dengan bengkak pada kaki, pergelangan kaki dan tungkai. Salah satu intervensi yang dapat di aplikasikan dalam menurunkan edema yaitu dengan terapi *ankle pump exercise* dan elevasi 30°. Tujuan penelitian ini menganalisis asuhan keperawatan pada Ny.E dengan pemberian terapi *ankle pump exercise* dan elevasi 30° dalam menurunkan edema pada pasien penyakit ginjal kronis di ruang ICU RSUD Welas Asih Provinsi Jawa Barat. Metode ini menggunakan metode deskriptif dengan metode studi kasus. Pengumpulan data yang dilakukan dengan teknik wawancara dan observasi. Instrument yang digunakan menggunakan format asuhan keperawatan. Hasil dari asuhan Keperawatan yang telah diberikan selama 3 hari menunjukan bahwa penerapan terapi *ankle pump exercise* dan elevasi 30° memberikan dampak yang baik terhadap kondisi pasien. Terjadi penurunan edema yang signifikan di hari pertama derajat edema III waktu kembali 30 detik dan kedalaman 5mm dan di hari ke- tiga derajat edema I dengan waktu kembali 6 detik dan kedalaman 2 mm. Kesimpulan terdapat perubahan sebelum dan sesudah dilakukan terapi *ankle pump exercise* dan elevasi 30° terbukti dapat menurunkan edema pada pasien penyakit ginjal kronis. Diharapkan hasil analisis ini dapat digunakan sebagai pengembangan keilmuan di bidang kesehatan terutama keperawatan dan dapat diterapkan oleh perawat secara langsung kepada klien untuk menurunkan edema pada pasien PGK.

Kata kunci : Terapi *ankle pump exercise* dan elevasi 30°, *Chronic Kidney Disease*, Edema

ABSTRACT

ANALYSIS OF NURSING CARE FOR NY. E WITH ANKLE PUMP EXERCISE THERAPY AND 30° ELEVATION IN REDUCING EDEMA IN CHRONIC KIDNEY DISEASE PATIENTS IN THE ICU OF WELAS ASIH REGIONAL HOSPITAL, WEST JAVA PROVINCE

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Chronic Kidney Disease (CKD) is a disease caused by kidney dysfunction or damage. Kidney damage results in impaired kidney function, where the kidneys are unable to remove waste products from urine, causing disruptions in the function of electrolyte hormones, fluids, metabolism, and acid-base. Patients with CKD usually experience edema problems. One intervention that can be applied to reduce edema is ankle pump exercise therapy and 30° elevation. The purpose of this study was to analyze nursing care for Mrs. E by providing ankle pump exercise therapy and 30° elevation in reducing edema in chronic kidney disease patients in the ICU room of Welas Asih Regional Hospital, West Java Province. This method uses a descriptive method with a case study method. Data collection was carried out using interview and observation techniques. The instrument used was a nursing care format. The results of the nursing care that had been provided for 3 days showed that the application of ankle pump exercise therapy and 30° elevation had a positive impact on the patient's condition. Where there was a significant decrease in edema on the first day of grade III edema with a return time of 30 seconds and a depth of 5 mm and on the third day of grade I edema with a return time of 6 seconds and a depth of 2 mm. The conclusion is that there are changes before and after ankle pump exercise therapy and elevation is proven to reduce edema in patients with chronic kidney disease. It is hoped that the results of this analysis can be used as a scientific development in the field of health, especially nursing and can be applied by nurses directly to clients to reduce edema in CKD patients.

Keywords: Ankle pump exercise and elevation therapy, Chronic Kidney Disease, Edema