

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA NY.F (34 TAHUN) G3P2A0H2
KEHAMILAN TRIMESTER III DENGAN OLIGOHDRAMNION
Ec. KEKURANGAN ENERGI KRONIK (KEK) SERTA
PENERAPAN EBN PEMBERIAN UBI JALAR UNGU
DAN PENINGKATAN ASUPAN CAIRAN**

Peminatan Keperawatan Maternitas



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ABSTRAK

ASUHAN KEPERAWATAN PADA NY.F (34 TAHUN) G3P2A0H2 KEHAMILAN TRIMESTER III DENGAN OLIGOHIDRAMNION E_c. KEKURANGAN ENERGI KRONIK (KEK) SERTA PENERAPAN EBN PEMBERIAN UBI JALAR UNGU DAN PENINGKATAN ASUPAN CAIRAN

Kehamilan merupakan masa yang dimulai dari konsepsi hingga lahirnya janin yang berlangsung selama 280 hari. Pada kehamilan, banyaknya perubahan fisiologis serta psikologis pada ibu, Ibu hamil cenderung mengalami penambahan berat badan karena janin yang berada dalam kandungan ibu, oleh karena itu, ibu hamil membutuhkan banyak nutrisi. Makanan dengan nutrisi tinggi diperlukan untuk kebutuhan ibu hamil dan janinnya sehingga dapat mencegah gangguan kehamilan seperti Kekurangan Energi Kronis (KEK). Selain itu, Kekurangan Energi Kronis menjadi salah satu faktor penyebab dari oligohidramnion. Tujuan dari karya ilmiah ini adalah untuk menerapkan asuhan pada ibu hamil dengan Oligohidramnion dikarenakan Kekurangan Energi Kronis (KEK) serta penerapan *Evidence Based Nursing* pemberian ubi jalar ungu dan peningkatan asupan cairan. Metode pada karya ilmiah ini berupa studi kasus dengan memberikan asuhan keperawatan dengan melalui pendekatan proses keperawatan. Hasil akhir dari pemberian asuhan keperawatan ini didapatkan masalah defisit nutrisi teratasi sebagian dengan hasil penerapan EBN pemberian ubi jalar didapatkan adanya kenaikan berat badan ibu hamil, dan masalah keperawatan risiko cedera pada janin teratasi sebagian dengan penerapan EBN peningkatan asupan cairan didapatkan bahwa indeks cairan amnion ibu tidak meningkat karena adanya rembesan cairan ketuban. Diharapkan kepada petugas kesehatan khususnya perawat agar bisa mengaplikasikan *Evidence Based Nursing* serta dapat secara intensif dilakukannya pemantauan berat badan, LILA, aktivitas ibu hamil dan asupan makan ibu hamil untuk meningkatkan nutrisi.

Kata Kunci : Kekurangan Energi Kronis, Oligohidramnion, Ibu Hamil
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ABSTRACT

**NURSING CARE IN NY.F (34 YEARS OLD) G3P2A0H2 PREGNANCY
TRIMESTER III WITH OLIGOHYDRAMNIONS Ec. CHRONIC
ENERGY DEFICIENCY (CED) WITH IMPLEMENTATION
EVIDENCE BASED NURSING GIVING OF PURPLE
SWEET POTATO AND INCREASED
FLUID INTAKE**

Pregnancy is the period starting from conception until birth of the fetus, which lasts for 280 days. During pregnancy, there are many physiological and psychological changes in the mother. Pregnant women tend to gain weight because of the fetus in the mother's womb, therefore, pregnant women need a lot of nutrition. Foods with high nutrition are needed for the needs of pregnant women and their fetuses so that they can prevent pregnancy disorders such as Chronic Energy Deficiency (CED). Apart from that, chronic energy deficiency is one of the causative factors of oligohydramnios. The aim of this scientific work is to apply care to pregnant women with Oligohydramnios due to Chronic Energy Deficiency (CED) as well as the application of Evidence Based Nursing by providing purple sweet potatoes and increasing fluid intake. The method in this scientific work is in the form of a case study by providing nursing care using a nursing process approach. The final result of providing this nursing care was that the nutritional deficit problem was partially resolved with the results of the application of EBN giving sweet potatoes, it was found that there was an increase in the weight of pregnant women, and the nursing problem of risk of injury to the fetus was partially resolved by the application of EBN, increasing fluid intake, it was found that the mother's amniotic fluid index was not increases due to seepage of amniotic fluid. It is hoped that health workers, especially nurses, can apply Evidence Based Nursing and can intensively monitor body weight, LILA, activities of pregnant women and food intake of pregnant women to improve nutrition.

Keyword : Chronic Energy Deficiency, Oligohydramnions, Pregnant Women
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