

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN DENGAN PEMBERIAN TERAPI
KOMBINASI *ANKLE PUMPING EXERCISE* DAN ELEVASI
KAKI 30° UNTUK MENGURANGI DERAJAT EDEMA
PADA TN. K DENGAN *CHRONIC KIDNEY DISEASE***

Peminatan Keperawatan Medikal Bedah



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Asuhan Keperawatan dengan Pemberian Terapi Kombinasi *Ankle Pumping Exercise* dan Elevasi Kaki 30° untuk Mengurangi Derajat Edema pada Tn. K dengan *Chronic Kidney Disease*

ABSTRAK

Edema sebagai tanda dan gejala awal beratnya *Chronic Kidney Disease (CKD)* yang mengindikasikan volume cairan pada jaringan berlebih atau menumpuknya volume cairan ekstra seluler. Edema perifer dapat menyebabkan rasa sakit, berat, kelemahan, ketidaknyamanan, citra tubuh yang negatif, keterbatasan mobilitas dan fleksibilitas serta meningkatkan risiko infeksi, gangguan pernapasan, sistem kardiovaskular, sistem neurologi, sistem hematologi, dan resiko kematian. Karya ilmiah ini bertujuan untuk mendeskripsikan asuhan keperawatan asuhan keperawatan dengan pemberian terapi kombinasi *ankle pumping exercise* dan elevasi kaki 30° untuk mengurangi derajat edema pada Tn. K dengan *chronic kidney disease*. Metode yang digunakan adalah studi kasus pelaksanaan asuhan keperawatan dan penerapan *evidence based nursing (EBN)*. Hasil pengkajian yaitu terdapat edema perifer derajat 3 pada kedua kaki pasien disertai sesak napas dan lemah. Diagnosa keperawatan yang diangkat adalah gangguan pertukaran gas, hipervolemia, dan perfusi perifer tidak efektif. Penerapan EBN yang diberikan adalah terapi kombinasi *ankle pump exercise* dan elevasi kaki 30° untuk mengatasi masalah hipervolemia, terapi dilakukan sebanyak 3 kali latihan sehari dalam 3 hari rawatan. Hasil implementasi selama 3 hari didapatkan terjadi penurunan derajat edema dari derajat 3 ke derajat 2. Hal ini membuktikan bahwa terapi kombinasi *ankle pump exercise* dan elevasi kaki 30° efektif dalam mengurangi derajat edema yang dialami pasien CKD. Saran kepada perawat agar dapat menerapkan terapi kombinasi *ankle pump exercise* dan elevasi kaki 30° sebagai penatalaksanaan edema pada pasien CKD.

Kata kunci : *Ankle pump exercise*, *chronic kidney disease*, edema, elevasi kaki 30°

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Nursing Care by Providing Combination Therapy of Ankle Pumping Exercise and 30° Foot Elevation to Reduce the Degree of Edema in Mr. K with Chronic Kidney Disease

ABSTRACT

Edema as an early sign and symptom of severe Chronic Kidney Disease (CKD) indicates excess tissue fluid volume or accumulation of extra-cellular fluid volume. Peripheral edema can cause pain, heaviness, weakness, discomfort, negative body image, limited mobility and flexibility and increases the risk of infection, respiratory disorders, cardiovascular system, neurological system, hematological system, and risk of death. This scientific work aims to describe nursing care for Mr. K with a medical diagnosis of Chronic Kidney Disease by providing a combination therapy of ankle pumping exercise and 30° leg elevation to reduce the degree of edema in the Male Intern Room of Dr. M. Djamil Padang Hospital. The method used is a case study of the implementation of nursing care and the application of evidence based nursing (EBN). The results of the assessment were that there was grade 3 peripheral edema on both legs of the patient accompanied by shortness of breath and weakness. The nursing diagnoses raised were impaired gas exchange, hypervolemia, and ineffective peripheral perfusion. The application of EBN provided is a combination therapy of ankle pump exercise and 30 ° leg elevation to overcome the problem of hypervolemia, therapy is carried out 3 times a day in 3 days of treatment. The results of implementation for 3 days obtained a decrease in edema degree from degree 3 to degree 2. This proves that the combination therapy of ankle pump exercise and 30 ° foot elevation is effective in reducing the degree of edema experienced by CKD patients. Suggestions for nurses to be able to apply combined therapy of ankle pump exercise and 30 ° foot elevation as edema management in CKD patients.

Keyword : ankle pump exercise, chronic kidney disease, edema, 30° foot elevation

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