

KARYA ILMIAH AKHIR

ASUHAN KEPERAWATAN PADA PASIEN NY. A DENGAN *CHRONIC KIDNEY DISEASE* YANG MENJALANI HEMODIALISA DALAM PENERAPAN TERAPI *PURSED LIPS BREATHING* UNTUK PENURUNAN *FATIGUE* DI RUANGAN INTERNE WANITA RSUP DR. M. DJAMIL PADANG

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Asuhan Keperawatan Pada Pasien Ny. A Dengan *Chronic Kidney Disease*
Yang Menjalani Hemodialisa Dalam Penerapan Terapi *Pursed Lips*
Breathing Untuk Penurunan *Fatigue* Di Ruangan Interne
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ABSTRAK

Pasien penyakit ginjal kronik yang menjalani hemodialisa mengalami gejala yang sering terjadi seperti *fatigue*. Salah satu teknik relaksasi untuk menurunkan *fatigue* adalah dengan teknik *pursed lips breathing*. *Pursed lips breathing* membantu pasien dalam mengontrol pernafasan, serta proses pengangkutan oksigen dalam tubuh sehingga menurunkan *fatigue* berdasarkan *Evidence Based Nursing*. Tujuan karya tulis ini adalah untuk mengevaluasi bagaimana asuhan keperawatan pada pasien penyakit ginjal kronik yang menjalani hemodialisa dengan penerapan teknik *pursed lips breathing* dapat menurunkan *fatigue* pada pasien. Berdasarkan pengkajian ditemukan masalah keperawatan yaitu gangguan pertukaran gas, kelelahan dan gangguan rasa nyaman. Studi kasus ini memberikan terapi *pursed lips breathing* yang dilakukan selama 4 kali hemodialisa dengan masing-masing 5 siklus dan durasi waktu 5 menit. Pengukuran *fatigue* menggunakan kuesioner FACIT *Fatigue Scale*. Hasil implementasi teknik *pursed lips breathing* selama 4 kali hemodialisa didapatkan peningkatan nilai skor FACIT *Fatigue Scale*. Sebelum intervensi didapatkan skor 19 (*fatigue* berat) dan setelah intervensi menjadi 35 (tidak *fatigue*). Hasil pelaksanaan didapatkan bahwa teknik *pursed lips breathing* dapat menurunkan tingkat *fatigue* pasien penyakit ginjal kronik yang menjalani hemodialisa. Dapat disimpulkan bahwa pemberian terapi *pursed lips breathing* dapat menurunkan *fatigue* pada pasien penyakit ginjal kronik yang menjalani hemodialisa. Diharapkan hasil EBN ini dapat digunakan sebagai acuan dalam memberikan asuhan keperawatan pada pasien hemodialisa yang mengalami *fatigue*.

Kata Kunci : *chronic kidney disease, fatigue, pursed lips breathing,*
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**Nursing Care For Patient Ny. A With Chronic Kidney Disease In The
Application Of Pursed Lips Breathing For Fatigue Reduction
In The Woman Internal Disease Room**

RSUP Dr. M. Djamil Padang

ABSTRACT

Patients with chronic kidney disease who undergo hemodialysis experience symptoms that often occur such as fatigue. One of the relaxation techniques to reduce fatigue is the pursed lips breathing technique. Pursed lips breathing helps patients in controlling breathing, as well as the process of transporting oxygen in the body so as to reduce fatigue based on Evidence Based Nursing. The purpose of this paper is to evaluate how nursing care in patients with chronic kidney disease who undergo hemodialysis with the application of pursed lips breathing technique can reduce fatigue in patients. Based on the assessment, it was found that nursing problems were gas exchange disorders, fatigue and discomfort disorders. This case study provides pursed lips breathing therapy which is carried out for 4 hemodialysis sessions with 5 cycles each and a duration of 5 minutes. Fatigue measurement was carried out using the FACIT Fatigue Scale questionnaire. The results of the implementation of the pursed lips breathing technique for 4 hemodialysis sessions resulted in an increase in the FACIT Fatigue Scale score. Before the intervention a score of 19 (severe fatigue) was obtained and after the intervention it became 35 (no fatigue). The results of the implementation were found that the pursed lips breathing technique can reduce the fatigue level of chronic kidney disease patients undergoing hemodialysis. It can be concluded that the administration of pursed lips breathing therapy can reduce fatigue in chronic kidney disease patients undergoing hemodialysis. It is hoped that the results of this EBN can be used as a reference in providing nursing care to hemodialysis patients who experience fatigue.

**Keywords : chronic kidney disease, fatigue, pursed lips breathing,
hemodialysis**

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