

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA TN.R DENGAN PENYAKIT *CRONIC KIDNEY DISEASE STAGE V* DALAM PENERAPAN TERAPI *GARGLE PURE WATER* DI RUANGAN RAWAT INAP INTERNE PRIA RSUP
DR.M.DJAMIL KOTA PADANG**

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Asuhan Keperawatan Pada Tn.R Dengan Penyakit *Chronic Kidney Disease Stage V* Dalam Penerapan Terapi *Gargle Pure Water* Di Ruang Rawat Inap Interne Pria Rsup Dr.M.Djamil Kota Padang

ABSTRAK

Chronic Kidney Disease (CKD) merupakan salah satu penyebab utama kematian di dunia dan manifestasi klinis yang paling umum pada pasien CKD adalah kelebihan cairan (hipervolemia). Untuk mencegah komplikasi, pasien diwajibkan menjalani pembatasan asupan cairan. Namun, pembatasan ini sering menimbulkan rasa haus berlebih yang dapat mengurangi kepatuhan pasien dan meningkatkan risiko retensi cairan. Salah satu metode untuk mengatasi rasa haus adalah melakukan terapi berkumur dengan air matang. Penelitian ini bertujuan untuk mengetahui efektivitas intervensi berkumur dengan air matang dalam menurunkan intensitas rasa haus pada pasien CKD. Desain penelitian menggunakan studi kasus dengan pendekatan asuhan keperawatan berbasis *evidence-based practice nursing* pada satu pasien CKD. Intervensi berupa terapi berkumur air matang dilakukan selama tiga hari berturut-turut. Skala rasa haus diukur menggunakan *Visual Analog Scale* (VAS). Penerapan intervensi berkumur air matang menunjukkan penurunan skala rasa haus dari skala 6 menjadi skala 3 setelah tiga kali terapi. Terapi berkumur dengan air matang terbukti efektif dalam menurunkan intensitas rasa haus pada pasien CKD. Intervensi terapi berkumur dengan air matang diharapkan dapat diintegrasikan ke dalam praktik asuhan keperawatan sebagai upaya non-farmakologis yang efektif dalam membantu mengurangi rasa haus pada pasien penyakit ginjal kronik (CKD) yang menjalani pembatasan asupan cairan.

Kata kunci: Penyakit Chronic Kidney Disease (CKD), terapi berkumur dengan air, tingkat rasa haus, hipervolemia

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***Nursing Care At Mr. R With Chronic Kidney Disease Stage V In The Application
Of Gargle Pure Water Therapy In The Male Interne Inpatient Room Of Dr. M.Djamil
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ABSTRACT

Chronic Kidney Disease (CKD) is one of the leading causes of death in the world and ranks 10th globally. One of the most common clinical manifestations in CKD patients is excess fluid (hypervolemia), due to impaired kidney function in regulating the body's fluid balance. To prevent complications, patients are required to undergo fluid intake restrictions. However, these restrictions often lead to excessive thirst which can reduce patient compliance and increase the risk of fluid retention. Therefore, thirst management is an important aspect so that patients can carry out fluid restriction consistently and reduce the potential for complications. One method to overcome thirst is to do gargling therapy with boiled water. This study aims to determine the effectiveness of the intervention of gargling with boiled water in reducing the intensity of thirst in CKD patients. The research design used a case study with an evidence-based practice nursing approach in one CKD patient. The intervention in the form of boiled water gargling therapy was carried out for three consecutive days. The thirst scale was measured using the Visual Analog Scale (VAS). The application of the intervention with boiled water gargling showed a decrease in the thirst scale from a scale of 6 to a scale of 3 after three treatments. Gargling therapy with boiled water has been shown to be effective in reducing the intensity of thirst in CKD patients. A treatment intervention of gargling with pure water is expected to be integrated into nursing care practice as an effective non-pharmacological effort in helping to reduce thirst in patients with chronic kidney disease (CKD) who are undergoing fluid intake restrictions.

Keywords: *Chronic Kidney Disease (CKD), water-gargling therapy, thirst level, hypervolemia*

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