

**ASUHAN KEPERAWATAN Ny. Y DENGAN GAGAL GINJAL KRONIK
PADA MASALAH KEPERAWATAN GANGGUAN PERFUSI JARINGAN
PERIFER TIDAK EFEKTIF DIRUANG HEMODIALISA
RUMAH SAKIT UMUM DAERAH MUARA TEWEH**

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INTISARI

Latar Belakang : Gagal ginjal kronik merupakan gangguan fungsi renal yang progresif dan ireversibel dimana tubuh mengalami kegagalan untuk mempertahankan metabolisme, keseimbangan cairan dan elektrolit sehingga menyebabkan uremia. Dampak dari gagal ginjal kronik jika tidak segera ditangani adalah gangguan perfusi jaringan perifer tidak efektif, hemodialisis adalah sebuah usaha atau tindakan membersihkan darah dari bahan-bahan beracun yang tidak dapat dikeluarkan oleh ginjal.

Tujuan Penelitian: Mendeskripsikan asuhan keperawatan Ny. Y dengan masalah keperawatan gangguan perfusi jaringan perifer tidak efektif dengan diagnosa medis gagal ginjal kronik Di Ruang Hemodialisa Rumah Sakit Daerah Muara Teweh.

Metode Penelitian: Jenis kasus pasien kelolaan Ny. Y Di Ruang Hemodialisa menggunakan hasil wawancara langsung kepada Ny. Y dan mendapatkan hasil data record rekam medis ruang hemodialisa terdapat 37 pasien gagal ginjal kronis.

Hasil: Hasil kasus pasien kelolaan Ny. Y dengan diagnosa medis Gagal Ginjal Kronik menggunakan perencanaan inovasi dalam penerapan *evidence-based nursing* latihan fisik intradialisis dalam memperbaiki kadar hemoglobin untuk diagnosa keperawatan perfusi jaringan perifer tidak efektif dan diagnosa keperawatan intoleransi aktivitas perencanaan inovasi *slow deep breathing* untuk menurunkan kelelahan.

Kesimpulan: Latihan fisik intradialisis dalam memperbaiki kadar hemoglobin adalah metode alternative bagi penderita gagal ginjal kronik dalam upaya meningkatkan kadar hemoglobin.

Kata Kunci: Gagal Ginjal Kronik

1. Mahasiswa Sekolah Tinggi Ilmu Kesehatan Suaka Insan Banjarmasin
2. Dosen Sekolah Tinggi Ilmu Kesehatan Suaka Insan Banjarmasin

NURSING CARE Mrs. Y WITH CHRONIC KIDNEY FAILURE IN NURSING PROBLEMS PERFUSION DISORDERS OF PERIPHERAL TISSUE ARE NOT EFFECTIVE IN THE HEMODIALISA ROOM MUARA TEWEH REGIONAL GENERAL HOSPITAL

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ABSTRAK

Background :Chronic renal failure is a progressive and irreversible disorder of renal function where the body fails to maintain metabolism, fluid and electrolyte balance, causing uremia. The impact of chronic kidney failure if not treated immediately is ineffective peripheral tissue perfusion disorders. Hemodialysis is an effort or action to clean the blood from toxic substances that cannot be excreted by the kidneys.

Research purposes:Describe the nursing care of Mrs. Y with nursing problems of ineffective peripheral tissue perfusion disorders with a medical diagnosis of chronic renal failure in the Hemodialysis Room at the Muara Teweh Regional Hospital.

MetodePenelitian: Types of patient cases managed by Mrs. Y In the Hemodialysis Room using the results of direct interviews with Mrs. Y and obtained the results of medical record data from the hemodialysis room, there were 37 patients with chronic kidney failure.

Results:Results of patient cases managed by Mrs. Y with a medical diagnosis of Chronic Kidney Failure uses innovation planning in *implementationevidence-based nursing* intra-dialysis physical exercise in improving hemoglobin levels for nursing diagnoses of ineffective peripheral tissue perfusion and nursing diagnoses of intolerance, innovation planning activities*slow deep breathing* to reduce fatigue.

Conclusion: Intra-dialysis physical exercise to improve hemoglobin levels is an alternative method for chronic kidney failure sufferers in an effort to increase hemoglobin levels.

Keywords :Chronic Kidney Failure

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