

**PENERAPAN *EVIDENCE BASED NURSING* DENGAN
INTERVENSI INOVASI ELEVASI KAKI 30° DAN *ANKLE
PUMPING EXERCISE* TERHADAP EDEMA KAKI PADA
PASIEN GAGAL GINJAL KRONIK DIRUANG INTENSIVE
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Abstrak

Gagal ginjal kronik adalah suatu penyakit yang menyerang organ ginjal dan menyebabkan berkurang atau melemahnya kinerja organ ginjal, fungsi ginjal yang menurun dapat menyebabkan terjadinya penumpukan cairan, menumpuknya sisa metabolisme tubuh, serta ketidakseimbangan elektrolit didalam tubuh sehingga mengakibatkan penumpukan cairan dalam tubuh yang berakhir dengan terjadinya edema kaki. Pelaksanaan kegiatan ini untuk menganalisis efektifitas intervensi intervensi elevasi kaki 30° dan *Ankle Pumping Exercise* terhadap edema kaki pada pasien gagal ginjal kronik diruang *Intensive Care Unit*. Setelah melakukan intervensi inovasi selama 3 hari berturut-turut, menunjukkan bahwa ada penurunan edema kaki dengan pengukuran pitting edema yaitu kedalaman pitting edema pada kaki kanan yaitu sebesar 4 mm, dan 3,5 mm pada kaki kiri. Sedangkan pada pengukuran lingkaran kaki didapatkan penurunan pada kaki kanan sebesar 3,2 cm dan 3 cm pada kaki kiri Berdasarkan analisis intervensi inovasi tersebut, dapat disimpulkan bahwa Pemberian terapi elevasi kaki 30° dan *Ankle Pumping Exercise* pada pasien gagal ginjal kronik diruang *Intensive Care Unit* (ICU) terbukti efektif dalam menurunkan edema kaki dengan pengukuran lingkaran kaki dan pitting edema.

Kata Kunci: Gagal Ginjal Kronik, Elevasi Kaki 30°, *Ankle Pumping Exercise*, Edema Kaki

**APPLICATION OF EVIDENCE BASED NURSING WITH
INTERVENTION OF 30° FOOT ELEVATION AND ANKLE
PUMPING EXERCISE TOWARDS FOOT EDEMA IN
CHRONIC KIDNEY FAILURE PATIENTS IN INTENSIVE
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Abstract

Chronic kidney failure is a disease that attacks the kidneys and causes a decrease or weakening of the performance of the kidney organs, decreased kidney function can cause fluid accumulation, accumulation of body metabolic waste, and electrolyte imbalances in the body resulting in accumulation of fluid in the body which ends with leg edema. The implementation of this activity is to analyze the effectiveness of the intervention of 30 feet elevation and Ankle Pumping Exercise on leg edema in patients with chronic kidney failure in the Intensive Care Unit. After the innovation intervention for 3 consecutive days showed a decrease in foot edema by measuring pitting edema, namely the depth of pitting edema on the right leg was 4 mm, and the left leg was 3.5 mm. While the measurement of foot circumference showed a decrease of 3.2 cm on the right leg and 3 cm on the left foot. Based on the analysis of the innovation intervention, it can be concluded that the administration of 30° leg elevation therapy and Ankle Pumping Exercise to patients with chronic kidney failure in the Intensive Care Unit (ICU) has proven effective in reducing leg edema by measuring leg circumference and pitting edema.

Keywords: Chronic Kidney Failure, 30° Foot Elevation, Ankle Pumping Exercise, Foot Edema