

**ASUHAN KEPERAWATAN PADA PASIEN GAGAL GINJAL
KRONIS DENGAN MASALAH KEPERAWATAN
KETIDAKSTABILAN KADAR GLUKOSA DARAH
DI RUANG ASOKA RSUD KHIDMAT
SEHAT AFIAT KOTA DEPOK**

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Abstrak

Latar belakang : Gagal Ginjal Kronik (GGK) adalah suatu kondisi disfungsi ginjal yang bersifat progresif dan berlangsung dalam jangka waktu yang lama secara persisten, sehingga menyebabkan akumulasi produk limbah metabolik dan mengganggu kemampuan ginjal dalam menjalankan fungsi normalnya. Penelitian ini bertujuan untuk mengaplikasikan Asuhan Keperawatan pada pasien dengan GGK yang dirawat di Ruang Asoka, RSUD Khidmat Sehat Afiat, Kota Depok. Metode Penelitian: Metode penelitian yang digunakan adalah studi kasus yang berfokus Pada Pasien GGK, yang melibatkan langkah – langkah penkajian, diagnosis, intervensi, implementasi, evaluasi. Hasil: Penelitian ini mengidentifikasi sejumlah diagnosis keperawatan, antara lain ketidakstabilan kadar glukosa darah yang berhubungan dengan hipoglikemia, intoleransi aktivitas yang disebabkan oleh ketidakseimbangan antara suplai darah dan oksigen serta adanya kelemahan, risiko defisit nutrisi yang terkait dengan mual dan penurunan nafsu makan, serta risiko perfusi renal yang tidak efektif yang berhubungan dengan riwayat Gagal Ginjal Kronik (GGK). Implementasi asuhan keperawatan dilakukan berdasarkan prioritas masalah yang ada. Pada masalah ketidakstabilan kadar glukosa darah, dilakukan pemantauan kadar glukosa dan asupan nutrisi, serta pemberian larutan D10%%. Hasil evaluasi menunjukkan adanya perbaikan pada kadar glukosa darah, meskipun pemantauan secara rutin tetap diperlukan. Selain itu, masalah keperawatan terkait intoleransi aktivitas, risiko defisit nutrisi, dan risiko perfusi renal yang tidak efektif dapat ditangani secara efektif melalui kolaborasi multidisipliner yang melibatkan keluarga pasien, tenaga medis, serta ahli gizi.

Kata Kunci: Asuhan Keperawatan Gagal Ginjal Kronis, Ketidakstabilan Kadar Glukosa Darah

**NURSING CARE FOR PATIENTS WITH CHRONIC RENAL
FAILURE WITH THE NURSING PROBLEM OF
INSTABILITY OF BLOOD GLUCOSE LEVELS IN
THE ASOKA ROOM, RSUD KHIDMAT
SEHAT AFIAT DEPOK CITY**

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Abstract

Background: Chronic Kidney Failure (CKD) is a condition of kidney dysfunction that is progressive and persistent over a long period of time, causing the accumulation of metabolic waste products and disrupting the ability of the kidneys to carry out their normal functions. This study aims to apply nursing care to patients with CKD who are treated in the Asoka Room, Khidmat Sehat Afiat Hospital, Depok City. Research Methods: The research method used is a case study that focuses on GGGK patients, which involves steps studies, diagnosis, interventions, implementation, and evaluation. Result: This study identified a number of nursing diagnoses, including instability of blood glucose levels associated with hypoglycaemia, activity intolerance caused by an imbalance between blood and oxygen supply and weakness, risk of nutritional deficits associated with nausea and decreased appetite, and risk of ineffective renal perfusion associated with a history of Chronic Renal Failure (CKD). Implementation of nursing care is carried out based on the priority of existing problems. On the problem of instability of blood glucose levels, monitoring of glucose levels and nutritional intake was carried out, as well as giving D10%% solution. The evaluation results showed an improvement in blood glucose levels, although regular monitoring was still needed. In addition, nursing problems related to activity intolerance, risk of nutritional deficits, and risk of ineffective renal perfusion can be managed effectively through multidisciplinary collaboration involving the patient's family, medical personnel, and nutritionists.

Keywords: *Chronic Kidney Diaseses Nursing Care, Blood Glucose Level Instability*