

ASUHAN KEPERAWATAN PADA AN. N DENGAN DIARE DI RSU KOTA TANGERANG SELATAN

Eva Fauziah Sari

Abstrak

Latar Belakang: Diare didefinisikan sebagai kejadian defekasi berulang tiga kali atau lebih dalam sehari dengan tinja berbentuk cair, yang kerap dipicu oleh infeksi bakteri maupun virus. Keadaan ini mampu memicu hilangnya cairan beserta elektrolit dengan cepat yang berpotensi dapat mengakibatkan dehidrasi, syok hipovolemi, hingga kematian. **Metode:** Karya Tulis Ilmiah ini menggunakan metode studi kasus. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dokumentasi, serta rekam medis pasien. **Hasil:** Masalah keperawatan yang muncul adalah hipovolemia, diare, dan risiko defisit nutrisi. Tindakan keperawatan yang dilakukan pada masing-masing diagnosa berupa pemberian terapi cairan pada diagnosa hipovolemia, manajemen diare pada diagnosa diare, serta manajemen nutrisi pada diagnosa risiko defisit nutrisi. Setelah dilakukan intervensi dan evaluasi selama 3x24 jam, masalah hipovolemia, diare, dan risiko defisit nutrisi dapat teratasi. **Kesimpulan:** Tindakan keperawatan pemberian terapi cairan, manajemen diare, dan manajemen nutrisi terbukti efektif dalam mengatasi masalah keperawatan pada pasien.

Kata Kunci: Diare, Asuhan Keperawatan, Anak

NURSING CARE IN AN. N WITH DIARRHEA IN TANGERANG SELATAN CITY GENERAL HOSPITAL

Eva Fauziah Sari

Abstract

Background: Diarrhea is defined as three or more episodes of loose, watery stools in a single day, often caused by bacterial or viral infections. This condition can lead to rapid loss of fluids and electrolytes, which may result in dehydration, hypovolemic shock, or even death. **Methods:** This scientific paper employs a case study method. Data were obtained through interviews, observations, physical examinations, documentation, and the patient's medical records. **Results:** The nursing issues identified were hypovolemia, diarrhea, and risk of nutritional deficit. Nursing interventions implemented for each diagnosis included fluid therapy for hypovolemia, diarrhea management for diarrhea, and nutritional management for the risk of nutritional deficiency. After interventions and evaluations over a 72-hour period, the issues of hypovolemia, diarrhea, and the risk of nutritional deficiency were resolved. **Conclusion:** Nursing interventions involving fluid therapy, diarrhea management, and nutritional management were proven effective in addressing nursing issues in the patient.

Keywords: Diarrhea, Nursing Care, Child