

**ASUHAN KEPERAWATAN PADA NY. N DENGAN MASALAH
KEPERAWATAN HIPERVOLEMIA DENGAN INTERVENSI
ANKLE PUMP EXERCISE DAN ELEVASI KAKI 30°
DI RSUD PASAR MINGGU
JAKARTA**

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Abstrak

Chronic Kidney Disease (CKD) adalah penyakit yang dapat mengakibatkan akumulasi elektrolit dan cairan dalam tubuh, serta menimbulkan pembengkakan. Prevalensi kejadiannya terus meningkat, diperkirakan jumlahnya 843,6 juta di seluruh dunia. Tujuan penelitian ini memberikan gambaran penerapan asuhan keperawatan pada Ny. N dengan masalah keperawatan hipervolemia dengan intervensi *ankle pump exercise* dan elevasi kaki 30° di RSUD Pasar Minggu Jakarta. Penelitian ini menggunakan studi kasus deskriptif kualitatif. Pengumpulan data melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Subjek penelitian ini adalah Ny. N usia 62 tahun yang merupakan pasien CKD dengan masalah keperawatan hipervolemia. Hasil menunjukkan edema derajat 1 kedalaman 2 mm hampir tidak tampak, TD: 127/66 mmhg, N: 93 kali/menit, intake: 1.105 ml, output: 1.040 ml, balance cairan: +65 ml. Natrium 130 mEq/L, Hematokrit 23%. Penerapan *ankle pump exercise* dan elevasi kaki 30° pada pasien dengan hipervolemia menunjukkan adanya penurunan edema dengan proses peningkatan aliran balik vena dan pemanfaatan gravitasi guna mengurangi tekanan hidrostatik pada ekstremitas bawah, serta pasien mengatakan merasa lebih nyaman dan bengkak pada kakinya berkurang. Pasien dan keluarga disarankan menerapkan intervensi ini secara rutin dengan pemantauan berkala.

Kata Kunci: *ankle pump exercise*; hipervolemia

**NURSING CARE FOR MRS. N WITH A NURSING
DIAGNOSIS OF HYPERTHEMIA USING
ANKLE PUMP EXERCISE AND 30° LEG
ELEVATION INTERVENTIONS AT
PASAR MINGGU REGIONAL
GENERALHOSPITAL
JAKARTA**

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Abstract

Chronic Kidney Disease (CKD) is a condition that can lead to the accumulation of electrolytes and fluids in the body, resulting in edema. Its prevalence continues to increase, with an estimated 843,6 million cases worldwide. This study aims to describe the implementation of nursing care for Mrs. N with a nursing diagnosis of hypervolemia, using ankle pump exercise and 30° leg elevation interventions at RSUD Pasar Minggu, Jakarta. This study employed a descriptive qualitative case study design, with data collected through interviews, observations, physical examinations, and documentation. The subject of this study was Mrs. N, a 62-year-old patient with CKD and a nursing problem of hypervolemia. The results showed grade 1 edema with a depth of 2 mm, barely visible; blood pressure 127/66 mmHg; pulse rate 93 beats per minute; intake 1.105 ml; output 1.040 ml; and fluid balance +65 ml, with laboratory findings of sodium 130 mEq/L and hematocrit 23%. The implementation of ankle pump exercise and 30° leg elevation in patients with hypervolemia demonstrated a reduction in edema through increased venous return and the use of gravity to reduce hydrostatic pressure in the lower extremities, and the patient reported feeling more comfortable with reduced swelling in her legs, therefore patients and their families are advised to apply these interventions regularly with periodic monitoring.

Keywords: *ankle pump exercise; hypervolemia*