

**ASUHAN KEPERAWATAN PADA AN. R DENGAN DIARE
AKUT DI RUANG ANGGREK RUMAH SAKIT UMUM (RSU)
KOTA TANGERANG SELATAN**

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Abstrak

Latar Belakang: Diare adalah keadaan dimana buang air besar terjadi lebih dari tiga kali dalam sehari dengan tinja berwujud cair. Secara global, diare masih menjadi faktor utama penyebab kematian pada balita. Di Indonesia, terutama di kota Tangerang Selatan, insiden diare pada balita masih tergolong tinggi. Situasi ini berisiko menyebabkan komplikasi seperti hipovolemia apabila tidak segera ditangani. **Tujuan:** Memberikan gambaran asuhan keperawatan bagi anak yang mengalami diare, hipovolemia, hipertermia, serta berisiko defisit nutrisi. **Metode:** Karya tulis ilmiah ini menerapkan desain studi kasus pada pasien An. R yang didiagnosis mengalami diare akut dan dirawat di RSUD Kota Tangerang Selatan. Pendekatan yang dipakai mencakup lima tahap keperawatan, yaitu pengkajian, diagnosis, intervensi, pelaksanaan, dan evaluasi. **Hasil:** Ditemukan masalah keperawatan berupa hipovolemia, diare, hipertermia, dan risiko defisit nutrisi. Intervensi difokuskan pada manajemen hipovolemia, manajemen diare, manajemen hipertermia, manajemen nutrisi. Implementasi pada masalah utama hipovolemia dilakukan melalui pemantauan keseimbangan cairan, pemberian terapi cairan, serta menganjurkan memperbanyak asupan cairan oral. Setelah pelaksanaan tindakan keperawatan selama 3x24 jam, masalah hipovolemia dapat teratasi dan terlihat tanda-tandanya seperti stabilisasi tanda-tanda vital, mukosa bibir lembab, nadi teraba kuat, nafsu makan meningkat, keseimbangan cairan adekuat. **Kesimpulan:** Pelaksanaan asuhan keperawatan yang menyeluruh serta tepat dapat efektif dalam mengatasi masalah hipovolemia, diare, hipertermia, dan risiko defisit nutrisi pada anak dengan diare.

Kata Kunci: Asuhan Keperawatan; Balita; Diare;

NURSING CARE FOR PATIENT R WITH ACUTE DIARRHEA IN THE ANGGREK WARD AT TANGERANG SELATAN GENERAL HOSPITAL

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Abstract

Background: Diarrhea is characterized by passing loose or watery stools at least three times a day. It continues to be a leading cause of death among children under five worldwide. In Indonesia, especially in South Tangerang, the incidence of diarrhea among young children remains high. This condition poses a risk of complications such as hypovolemia if not managed promptly. **Purpose:** To give a summary of nursing care for children with diarrhea who experience hypovolemia, hyperthermia, and are at risk of nutrient deficiency. **Method:** The research utilizes a case study approach that includes patient An. R, who was diagnosed with acute diarrhea and treated at Tangerang Selatan General Hospital. The method employed aligns with the nursing process, encompassing assessment, nursing diagnosis, intervention, implementation, and evaluation. **Results:** The nursing issues identified included hypovolemia, diarrhea, hyperthermia, and a potential nutritional deficiency. The interventions concentrated on the management hypovolemia, diarrhea, hyperthermia, and nutrition. Implementation for the primary problem, hypovolemia, included monitoring fluid balance, administering fluid therapy, and encouraging increased oral fluid Intake. After 3x24 hours of nursing care, hypovolemia was resolved, as indicated by stabilized vital signs, moist moccus membranes, a strong pulse, improved appetite, and adequate fluid balance. **Conclusion:** The implementation of comprehensive and appropriate nursing care is effective in managing hypovolemia, hyperthermia, diarrhea, and the risk of nutritional deficit in children with diarrhea.

Keywords: Care; Diarrhea; Toddlers;