

ABSTRAK
ASUHAN KEPERAWATAN HIPOVOLEMIA PADA ANAK DIARE
USIA TODDLER DI RUMAH SAKIT ISLAM JEMURSARI SURABAYA

Diare masih menjadi masalah kesehatan masyarakat di negara-negara berkembang seperti di Indonesia karena morbiditas dan mortalitasnya yang masih tinggi. Penderita diare pada anak di RSI Surabaya pada tahun 2019 menduduki peringkat pertama. Penelitian ini bertujuan untuk mengetahui asuhan keperawatan hipovolemia pada anak diare usia toddler di RSI Jemursari Surabaya.

Metode penelitian yang digunakan deskriptif dalam bentuk studi kasus dengan pendekatan proses keperawatan. Subyek penelitian dua anak diare usia toddler dengan hipovolemia. Metode pengumpulan data yaitu observasi, wawancara, dan studi dokumentasi. Teknik instrumen pengumpulan data menggunakan Format pengkajian asuhan keperawatan anak.

Pengkajian hipovolemia pada anak usia toddler yaitu klien tampak lemah, CRT > 2 detik, mukosa bibir pucat kering, dan mata cowong. Diagnosa keperawatan hipovolemia berhubungan dengan kehilangan cairan aktif ditandai dengan merasa lemah, mata cowong, mukosa bibir kering, dan CRT > 2 detik. Rencana tindakan yaitu observasi tanda-tanda vital, observasi tanda-tanda dehidrasi, berikan keluarga HE mengenai personal hygiene, monitor intake dan output cairan, dan kolaborasi dalam pemberian terapi cairan dan obat antidiare. Pelaksanaan dilakukan sesuai dalam perencanaan dengan tujuan status cairan membaik. Pada evaluasi masalah teratasi ditandai klien tampak membaik, klien tidak lemas, mata tidak cowong, mukosa bibir lembab, turgor membaik.

Diharapkan keluarga klien untuk lebih aktif dalam mencari informasi mengenai kesehatan anak di pelayanan kesehatan atau media massa khususnya mengenai penanganan secara dini untuk mencegah hipovolemia dengan memberikan rehidrasi cairan.

Kata Kunci: Asuhan keperawatan anak, hipovolemia

ABSTRACT
NURSING CARE OF HYPOVOLEMIA IN TODDLER DIARRHEA
AT JEMURSARI ISLAMIC HOSPITAL SURABAYA

Diarrhea is still a public health problem in developing countries such as Indonesia because of its high morbidity and mortality. Patients with diarrhea in children at RSI Surabaya in 2019 ranked first. This study aims to know nursing care of hypovolemia in toddler at RSI Jemursari Surabaya.

The research method used is descriptive in the form of a case study with a nursing process approach. The subjects of the study were two children with toddler diarrhea with hypovolemia. Observation methods of observation data, interviews, and study documentation. Data collection techniques using the format of assessment of child nursing care.

The assessment of hypovolemia in toddler is that the client looks weak, CRT > 2 seconds, dry pale lip mucosa, and cowong eyes. The nursing diagnosis of hypovolemia was associated with weakly activated fluid loss, cowong eyes, dry lip mucosa, and CRT > 2 seconds. The action plan consists of observing vital signs, observing signs of dehydration, giving HE families personal hygiene, monitoring fluid intake and output, and collaborating in providing fluid therapy and anti-diarrheal drugs. Implementation is carried out according to plan with the aim of improving fluid status. In the evaluation the problem is resolved, it is indicated that the client seems to be improving, the client is not weak, the eyes are not cowong, the lip mucosa is moist, the turgor is improving.

It is hoped that the client's family will be more active in seeking information about children's health in health services or the mass media, especially regarding early treatment to prevent hypovolemia by providing fluid rehydration.

Keyword: Nursing care of children, hypovolemia