

## ABSTRAK

### “ASUHAN KEPERAWATAN DEFISIT NUTRISI PADA ANAK DENGAN DEMAM TIFOID DI RSI JEMURSARI SURABAYA”

Penyakit demam tifoid termasuk penyakit menular yang disebabkan oleh bakteri golongan salmonella thypi. Di Indonesia demam tifoid merupakan endemik dengan angka kejadian masih tinggi. Penyakit ini banyak menyerang pada anak usia sekolah. Studi kasus ini bertujuan untuk menggambarkan asuhan keperawatan defisit nutrisi pada anak dengan demam tifoid di RSI Jemursari Surabaya.

Studi kasus yang digunakan dalam penelitian ini menggunakan metode deskriptif dengan pendekatan asuhan keperawatan, yang meliputi pengkajian keperawatan, diagnose keperawatan, perencanaan keperawatan, pelaksanaan keperawatan, dan evaluasi keperawatan. Subyek penelitian ini adalah anak dengan demam tifoid yang mengalami masalah defisit nutrisi di ruang anak RSI Jemursari Surabaya. Adapun subyek yang akan diteliti berjumlah dua klien. Metode pengumpulan data dengan wawancara, catatan rekam medis, pemeriksaan fisik, dan hasil pemeriksaan diagnostik.

Hasil pengkajian dari kedua klien didapatkan klien berusia anak sekolah, dengan keluhan mual, nafsu makan menurun, klien pertama disertai diare 2 hari sebelum masuk rumah sakit dan klien kedua disertai nyeri telan. Pada pemeriksaan fisik kedua klien ditemukan lidah kedua klien kotor, bising usus meningkat, dan bibir terlihat kering dan pucat. Diagnosis keperawatan defisit nutrisi berhubungan dengan ketidakmampuan mencerna makanan ditandai dengan klien mengeluh mual, nafsu makan menurun, berat badan menurun, mukosa mulut kering dan pucat, lidah kotor dan terasa pahit, nyeri abdomen dan bising usus meningkat. Perencanaan dibuat sesuai teori mencakup tindakan dependen, independen, dan interdependen perawat. Pelaksanaan yang dilakukan antara lain mengobservasi tanda-tanda vital, memonitor adanya mual muntah, memonitor asupan makanan, menganjurkan makan sedikit tapi sering, memberikan HE (Health Education), kolaborasi pemberian antibiotik. Masalah keperawatan defisit nutrisi teratasi, pada klien pertama masalah teratasi selama 3 hari sedangkan pada klien kedua masalah teratasi selama 4 hari dan kedua klien KRS.

Diharapkan bagi tenaga kesehatan untuk terus meningkatkan penyuluhan kepada keluarga mengenai demam tifoid terutama dengan masalah defisit nutrisi sehingga meningkatkan derajat kesehatan pada anak dan keluarga menjadi lebih kooperatif terhadap terapi yang diberikan, serta keluarga dapat mengatasi kejadian awal demam tifoid dan dapat mencegah peningkatan kejadian demam tifoid di masyarakat dan Rumah Sakit Islam Jemursari Surabaya.

**Kata Kunci :** Demam Tifoid, Defisit Nutrisi

## **ABSTRACT**

### ***NURSING CARE OF DEFICIT NUTRITION IN CHILDREN WITH TYPHOID FEVER AT JEMURSARI ISLAMIC HOSPITAL SURABAYA***

*Typoid fever is an infectious disease caused by the Salmonella Typhi bacteria. In Indonesia typhoid fever is an endemic disease with a high incidence rate. This disease affects many school age children. This case study aims to describe the nursing care of nutritional deficits in children with typhoid fever at Jemursari Islamic Hospital Surabaya.*

*The case study used in this research uses a descriptive method with nursing care approach, which includes nursing assessment, nursing diagnoses, nursing planning, nursing implementation, and nursing evaluation. The subjects of this study were children with typhoid fever who experienced nutritional deficit problems in the children's room of Jemursari Islamic Hospital Surabaya. The subjects to be studied are two clients. Methods of data collection are interviews, medical records, physical examinations, and the results of diagnostic tests.*

*The results of the assessment of the two clients obtained school-aged clients, with complaints of nausea, decreased appetite, the first client accompanied by diarrhea 2 days before entering the hospital and the second client accompanied by swallow pain. On physical examination the two clients found that both clients' tongue was dirty, intestinal noise increased, and lips appeared dry and pale. Nursing diagnosis nutritional deficits associated with the inability digest food is characterized with clients complaining of nausea, decreased appetite, decreased body weight, dry and pale mouth mucosa, dirty tongue and bitter taste, abdominal pain and intestinal noise increased. Planning were made according to theory including measures dependent, independent, and interdependent nurses. The implementation includes observing vital signs, monitoring the presence of nausea and vomiting, monitoring food intake, recommending a little bur frequent meals, providing health education, collaborating with antibiotics. Nursing problems of nutritional deficits are resolved, the first client the problem is resolved for 3 days while the second client the problem is resolved for 4 days and the both client out of the Hospital.*

*It is hoped that health workers will continue to improve education to families about thphoid fever, especially with the problem of deficit nutrition so that it can improve the health status of children and families to be more cooperative with the given therapy, and families can overcome the initial incidence of typhoid fever and can prevent an increase in the incidence of typhoid fever in the community and Jemursari Islamic Hospital Surabaya.*

**KeyWord** : *Typhoid Fever, Deficit Nutrition*