

TUGAS AKHIR NERS

ASUHAN KEPERAWATAN PADA PASIEN AN. F DENGAN DIAGNOSIS MEDIS *SYSTEMIC LUPUS ERYTHEMATOSUS* (SLE) DI RUANG PADMANABA TIMUR RSUP DR. SARDJITO

Lantana Camarasari¹⁾, Agus Sarwo Prayogi²⁾, Ni Ketut Mendri³⁾
^{1,2,3}Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, D.I.Yogyakarta
Email: lantnaa@gmail.com, agus.sarwop@poltekkesjogja.ac.id,
mendriniketut@yahoo.com

ABSTRAK

Latar belakang : *Systemic Lupus Erythematosus* adalah penyakit regulasi sistem imun yang terganggu, yang menyebabkan autoantibodi diproduksi berlebihan sehingga menyerang jaringan tubuh sendiri. Insidens *Systemic Lupus Erythematosus* pada anak secara umum mengalami peningkatan sekitar 15-17%. Sebanyak 15% sampai 20% dari semua kasus melibatkan anak-anak terutama anak perempuan berusia 12-16 tahun. Perawat memiliki peran penting sebagai penyedia layanan kesehatan dalam memberikan asuhan keperawatan. **Tujuan:** Memberikan asuhan keperawatan pada pasien An. F dengan *Systemic Lupus Erythematosus* di ruang Padmanaba Timur RSUP Dr. Sardjito. **Metode:** Studi kasus dengan menerapkan proses asuhan keperawatan yang meliputi pengkajian, diagnosis, perencanaan, implementasi dan evaluasi keperawatan. **Hasil:** Berdasarkan hasil pengkajian didapatkan keluhan nyeri pada perut, kedua tangan dan kaki bengkak, badan lemas dan mengeluh kekakuan sendi pada kedua kaki. Muncul ruam kemerahan pada siku kiri dan punggung atas, pasien terpasang *threeway* dan *Hemodialysis Catheter*, skor risiko jatuh pasien 13 (risiko tinggi). Diagnosis keperawatan yang muncul nyeri akut, hipervolemia, intoleransi aktivitas, gangguan intergitas kulit, risiko infeksi dan risiko jatuh. Intervensi keperawatan yang ditetapkan yaitu manajemen nyeri, manajemen hipervolemia, manajemen energi, perawatan intergitas kulit, pencegahan infeksi dan pencegahan jatuh. Pelaksanaan keperawatan yaitu dengan mengajarkan teknik nafas dalam dan *guided imagery*, pemantauan *intake* dan *output*, melatih rentang gerak pasif, mengubah posisi tidur, menganjurkan menggunakan *lotion*, menerapkan cuci tangan bersih, memasang *handrail*. **Kesimpulan:** Asuhan keperawatan pada pasien An. F dengan diagnosis medis *Systemic Lupus Erythematosus* dapat dilaksanakan dengan baik karena pasien dan keluarga kooperatif sehingga tujuan dapat tercapai sesuai dengan kriteria hasil yang sudah ditetapkan.

Kata Kunci: Asuhan Keperawatan Anak, *Systemic Lupus Erythematosus*

¹⁾ Mahasiswa Pendidikan Profesi Ners Poltekkes Kemenkes Yogyakarta

²⁾ Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

³⁾ Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

FINAL PROJECT NERS

NURSING CARE IN PATIENT CHILD. F WITH MEDICAL DIAGNOSIS SYSTEMIC LUPUS ERYTHEMATOSUS (SLE) IN PADMANABA EAST ROOM DR. SARDJITO HOSPITAL

Lantana Camarasari¹⁾, Agus Sarwo Prayogi²⁾, Ni Ketut Mendri³⁾

^{1,2,3}Department of Nursing of Health Polytechnic of Health Ministry Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

E-mail : lantnaa@gmail.com, agus.sarwop@poltekkesjogja.ac.id,
mendriniketut@yahoo.com

ABSTRACT

Background: Systemic Lupus Erythematosus is a disease of impaired immune system regulation, which causes autoantibodies to be produced in excess so that they attack the body's own tissues. The incidence of Systemic Lupus Erythematosus in children in general has increased by about 15-17%. As many as 15% to 20% of all cases involve children, especially girls aged 12-16 years. Nurses have an important role as health care providers in providing nursing care. **Objective:** To provide nursing care to patient child. F with Systemic Lupus Erythematosus in the East Padmanaba Room Dr. Sardjito Hospital. **Method:** Case studies by applying the nursing care process which includes assessment, diagnosis, planning, implementation and evaluation of nursing. **Results:** Based on the results of the study, it was found that there were complaints of pain in the abdomen, swollen hands and feet, weak of body and complained of joint stiffness in both legs. A reddish rash appeared on the left elbow and upper back, the patient was attached threeway and Hemodialysis Catheter, the patient's fall risk score was 13 (high risk). Nursing diagnoses that appear acute pain, hypervolemia, activity intolerance, impaired skin integrity, risk of infection and risk of falling. The nursing interventions specified are pain management, hypervolemia management, energy management, skin integrity care, infection prevention and fall prevention. The implementation of nursing is by teaching deep breathing techniques and guided imagery, monitoring intake and output, practicing passive range of motion, changing sleeping positions, recommending using lotion, applying clean hand washing, attaching handrails. **Conclusion:** Nursing care for patient child. F with a medical diagnosis of Systemic Lupus Erythematosus can be carried out properly because the patient and family are cooperative so that the goals can be achieved in accordance with the established outcome criteria.

Keywords: Child Nursing, Systemic Lupus Erythematosus

¹⁾ Nurse Profession Student of Poltekkes Kemenkes Yogyakarta

²⁾ Lecturer of the Department of Nursing Poltekkes Kemenkes Yogyakarta

³⁾ Lecturer of the Department of Nursing Poltekkes Kemenkes Yogyakarta