

# Analisis praktik klinik keperawatan kesehatan Masyarakat perkotaan pada pasien gagal ginjal kronis dengan komplikasi hipertensi di Ruang Teratai V Selatan RSUP Fatmawati = Analysis of clinical practice urban public health nursing in patient chronic kidney disease with complication of hypertension at Teratai V Selatan RSUP Fatmawati

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## Abstrak

[<b>ABSTRAK</b><br>

Prevalensi dan mortalitas gagal ginjal kronis pada masyarakat urban di Indonesia mengalami peningkatan dari tahun ke tahun. Penulisan karya ilmiah ini bertujuan untuk menganalisis asuhan keperawatan dengan pendekatan Keperawatan Kesehatan Masyarakat Perkotaan pada area Keperawatan Medikal Bedah pada klien dengan gagal ginjal kronis dengan komplikasi hipertensi. Perawat dalam melakukan asuhan keperawatan melakukan tindakan preventif baik primer, sekunder, ataupun tersier. Masalah keperawatan yang ditemukan meliputi kelebihan volume cairan, penurunan curah jantung, nyeri akut, dan risiko perubahan nutrisi kurang dari kebutuhan tubuh. Manajemen keperawatan terkait hipertensi yang dilakukan meliputi modifikasi gaya hidup melalui diet, teknik relaksasi, dan aktivitas. Setelah dilakukan asuhan keperawatan pada pasien gagal ginjal kronis, terdapat penurunan nilai tekanan darah pasien meskipun belum mencapai target yang dianjurkan. Perawat dapat memberikan asuhan keperawatan menggunakan pendekatan keperawatan kesehatan masyarakat perkotaan untuk dapat memperkirakan perilaku berisiko terkait komplikasi yang dapat terjadi, seperti hipertensi dan penyakit kardiovaskular lainnya, serta tingkat kepatuhan terhadap terapi yang diberikan. Asuhan keperawatan tersebut dilakukan guna mendukung upaya pencegahan komplikasi dan peningkatan kualitas hidup pasien dengan gagal ginjal kronis.

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<b>ABSTRACT</b><br>

The prevalence and mortality of chronic renal failure in urban society in Indonesia has increased from year to year. This paper aimed to analyze the nursing care with the approach of the Urban Public Health Nursing in the Medical Surgical Nursing setting in clients with chronic renal failure with complication of hypertension. Nurses performed preventive action both primary, secondary, or tertiary. Various nursing problems were revealed including fluid volume excess, decreased cardiac output, acute pain, and risk for imbalanced nutrition: less than body. The application of nursing management related hypertension included lifestyle modification, diet, relaxation techniques, and activity. The result of implementation of nursing intervention to the patients, showed that there was a decrease in the patient's blood pressure despite not reaching the recommended targets. Nurses can provide nursing care using urban nursing health care approach to be able to estimate the risk behaviors of patients related complication that can happen, like hypertension, and other cardiovascular disease and the level of adherence to therapy. The nursing care is done in order to support efforts to prevent complications and improve the quality of life of

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