

Edukasi diet rendah lemak pada pasien pasca laparoscopi kolesistektomi = Low fat diet education with post laparoscopic cholecystectomy patients

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20417003&lokasi=lokal>

Abstrak

[ABSTRAK
 Kolelitiasis merupakan salah satu kasus keperawatan kesehatan masyarakat perkotaan yang prevalensinya cenderung meningkat. Hal ini berkaitan dengan faktor pola makan masyarakat perkotaan dalam mengkonsumsi makanan cepat saji yang cenderung tinggi lemak dan kolesterol. Karya ilmiah akhir ini menggambarkan pelaksanaan asuhan keperawatan pada pasien pasca laparoscopi kolesistektomi. Metode penelitian dari karya ilmiah akhir ini menggunakan studi kasus. Diet rendah lemak yaitu pembatasan asupan lemak karena pasien tidak memproduksi cairan empedu lagi dan jika diet pasien tidak tepat akan mengakibatkan gangguan metabolisme lemak. Hasil yang diperoleh setelah pemberian edukasi diet rendah lemak pada klien kolelitiasis adalah peningkatan pemahaman klien yang akan mengubah pola makan klien setelah pulang dari rumah sakit. Perawat sebagai edukator berperan penting dalam memberikan edukasi diet rendah lemak yang merupakan salah satu asuhan keperawatan pada pasca laparascopi kolesistektomi.ABSTRACTCholelithiasis is one of the urban public health cases which the prevalence tends to increase. This case related to the urban dietary habit in consuming fast food which contains high fat and cholesterol. This paper describes the implementation of nursing care to post laparoscopic cholecystectomy patients. The method of this paper uses case study. Low fat diet is the restriction of fat intake because the patient is not produce bile again and if the patient?s diet is not right will result in fat metabolism disorder. The result after low fat education is to enhanced understanding of the patient that will change dietary habit of patients after discharge from the hospital. Nurses as educator have an important role in educating low fat diet which one of nursing care with post laparoscopic cholecystectomy patients.;Cholelithiasis is one of the urban public health cases which the prevalence tends to increase. This case related to the urban dietary habit in consuming fast food which contains high fat and cholesterol. This paper describes the implementation of nursing care to post laparoscopic cholecystectomy patients. The method of this paper uses case study. Low fat diet is the restriction of fat intake because the patient is not produce bile again and if the patient?s diet is not right will result in fat metabolism disorder. The result after low fat education is to enhanced understanding of the patient that will change dietary habit of patients after discharge from the hospital. Nurses as educator have an important role in educating low fat diet which one of nursing care with post laparoscopic cholecystectomy patients.;Cholelithiasis is one of the urban public health cases which the prevalence tends to

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