

ABSTRAK

Asuhan Keperawatan Pada Tn. P. R Dengan Diagnosa Medis Tuberculosis Paru Di Ruang Perawatan Penyakit Khusus RSUD Ende

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Latar belakang: Tuberkulosis adalah suatu penyakit menular yang disebabkan oleh kuman mycobacterium tuberculosis. Menurut WHO Tuberkulosis tetap menjadi 10 penyebab kematian tertinggi di dunia yang menyebabkan kematian sekitar 1,3 juta pasien. **Tujuan** Untuk menerapkan asuhan keperawatan pada Tn. P. R. dengan diagnosa medis Tuberculosis Paru di RPK RSUD Ende. Peneliti ini menggunakan **Metode** yang digunakan pada pasien dengan Tuberculosis Paru yang dirawat di RSUD Ende pada tanggal 20-30 Mei 2025. Hasil studi kasus menunjukkan pada pengkajian ditemukan data pasien mengatakan sesak napas, batuk berdahak berwarna putih sedikit hijau kental, lemah, lelah karena sesak napas, pasien mengatakan napsu makan berkurang BB menurun sebelum sakit BB 79 kg, saat sakit BB 39 kg, pasien mengatakan tidak bisa tidur dari malam sampai pagi karena batuk terus menerus, aktivitas dibantu keluarga dan perawat karena sesak napas yang membuat psasien lemah. Masalah keperawatan yang muncul pada kasus Tn. P. R. adalah bersihan jalan napas tidak efektif, pola napas tidak efektif, defisit nutrisi, intoleransi aktivitas, gangguan pola tidur, resiko penyebaran infeksi. perencanaan keperawatan berdasarkan masalah keperawatan. Implementasi dilakukan selama 3 hari mulai dari tanggal 28-30 Mei 2025 yang di dukung oleh perawat dan keluarga. Hasil evaluasi ditemukan tiga masalah sebagian teratasi meliputi bersihan jalan napas tidak efektif, defisit nutrisi dan resiko penyebaran infeksi dan tiga masalah tidak teratasi meliputi pola napas tidak efektif, gangguan pola tidur dan intoleransi aktivitas. **Kesimpulan** berdasarkan hasil evaluasi terakhir dapat disimpulkan bahwa masalah bersihan jalan napas tidak efektif, defisit nutrisi, resiko penyebaran infeksi sebagian teratasi, sedangkan pola napas tidak efektif, gangguan pola tidur, intoleransi aktivitas belum teratasi. Oleh karena itu disarankan pasien dan keluarga selalu berusaha meningkatkan pola hidup sehat serta mematuhi segala anjuran yang disampaikan oleh petugas kesehatan dan minum obat secara teratur.

Kata Kunci : Asuhan Keperawatan, Tuberculosis Paru

Kepustakaan 23 Buah

Tahun: 2025

ABSTRACT

Nursing Care for Patient Mr. P. R. with Medical Diagnosis of Pulmonary Tuberculosis in the Special Care Room of Ende Regional Hospital

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Background: Tuberculosis is an infectious disease caused by the mycobacterium tuberculosis bacteria. According to WHO, Tuberculosis remains one of the 10 highest causes of death in the world, causing the death of around 1.3 million patients. Objective: To implement nursing care for Mr. P. R. with a medical diagnosis of Pulmonary Tuberculosis at the RPK RSUD Ende. This researcher used the method used in patients with Pulmonary Tuberculosis who were treated at RSUD Ende on May 20-30, 2025. The results of the case study show that in the assessment, the patient's data showed that he had shortness of breath, coughing up thick, slightly greenish white phlegm, was weak, tired due to shortness of breath, the patient said his appetite had decreased, his weight had decreased before he was sick, his weight was 79 kg, when he was sick his weight was 39 kg, the patient said he could not sleep from night to morning due to continuous coughing, his activities were assisted by family and nurses because of the shortness of breath that made the patient weak. Nursing problems that emerged in the case of Mr. P. R. were ineffective airway clearance, ineffective breathing pattern, nutritional deficit, activity intolerance, sleep pattern disturbance, risk of spreading infection. Nursing planning was based on nursing problems. Implementation was carried out for 3 days starting from May 28-30, 2025 which was supported by nurses and families. The evaluation results found three partially resolved problems including ineffective airway clearance, nutritional deficit and risk of spreading infection and three unresolved problems including ineffective breathing pattern, sleep pattern disturbance and activity intolerance. The conclusion based on the results of the final evaluation can be concluded that the problems of ineffective airway clearance, nutritional deficit, risk of spreading infection were partially resolved, while ineffective breathing pattern, sleep pattern disturbance, activity intolerance have not been resolved. Therefore, it is recommended that patients and families always try to improve their healthy lifestyle and comply with all recommendations given by health workers and take medication regularly.

Keywords: Nursing Care, Pulmonary Tuberculosis

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Year: 2025