

ABSTRAK

Asuhan Keperawatan Pada Pasien Tn. L.N.H dengan Diagnosa Medis Tuberculosis Paru Di Ruangan Perawatan Khusus RSUD Ende

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Tuberkulosis paru merupakan suatu penyakit infeksi yang disebabkan oleh bakteri mycobacterium tuberculosis yang menyerang saluran napas. Tujuan studi kasus agar dapat menerapkan asuhan keperawatan pada Tn L.N.H dengan diagnosa medis tuberculosis paru di RPK RSUD Ende.

Penelitian ini menggunakan metode studi kasus pada pasien Tn. L.N.H dengan Tuberculosis Paru yang dirawat di RSUD Ende pada tanggal 08-10 Mei 2025.

Hasil studi dilaksanakan berdasarkan pendekatan proses keperawatan pada pengkajian ditemukan data pasien Tn. L.N.H mengeluh batuk lendir berwarna kuning $\pm$ 1 bulan, nafsu makan menurun, mual, nyeri dada saat batuk, badan terasa lemah, kedua kaki terasa lemah dan berat, berat badan menurun BB sebelum sakit 60 kg dan saat sakit 46 kg. Pasien mengatakan sulit tidur pada malam hari karena batuk sesekali, aktivitas dibantu keluarga. Masalah keperawatan yang muncul pada kasus Tn L.N.H adalah bersihan jalan napas tidak efektif berhubungan dengan hipersekresi jalan napas, nyeri akut berhubungan dengan agen pencedera fisik, defisit nutrisi berhubungan dengan peningkatan kebutuhan metabolisme, intoleransi aktivitas berhubungan dengan kelemahan gangguan pola tidur berhubungan dengan kurang kontrol tidur, defisit pengetahuan berhubungan dengan kurang terpapar informasi. Intervensi keperawatan yang dilakukan berdasarkan masalah keperawatan yaitu manajemen jalan napas, manajemen nyeri, manajemen nutrisi, manajemen energi, dukungan tidur, edukasi kesehatan. Implementasi dilakukan selama 3 hari. Hasil evaluasi pada hari ketiga dilakukan evaluasi dan catatan perkembangan dan ditemukan tiga masalah keperawatan sebagian teratasi yaitu bersihan jalan napas tidak efektif teratasi sebagian, defisit nutrisi teratasi sebagian, dan intoleransi aktivitas teratasi sebagian.

Kesimpulan berusaha meningkatkan pola hidup sehat serta mematuhi segala anjuran yang disampaikan oleh petugas kesehatan seperti diet tinggi kalori dan protein, selalu patuh dalam minum obat untuk mencegah penyebaran dan kesembuhan yang optimal.

Kata kunci : Asuhan Keperawatan, Tuberculosis Paru

Kepustakaan : 26 buah (2017-2024)

ABSTRACT

Nursing Care for Patient Mr. L.N.H with Medical Diagnosis of Pulmonary Tuberculosis in the Special Care Unit of RSUD Ende

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Pulmonary tuberculosis is an infectious disease caused by mycobacterium tuberculosis bacteria that attacks the airways. The purpose of the case study was to apply nursing care to Mr. L.N.H with a medical diagnosis of pulmonary tuberculosis at RPK RSUD Ende. This research uses a case study method on the patient Mr. L.N.H with Tuberculosis. L.N.H with Pulmonary Tuberculosis who was treated at Ende Hospital on May 08-10, 2025. The results of the study were carried out based on the nursing process approach at the assessment found patient data Mr. L. L.N.H complained of coughing yellow mucus $\pm$ 1 month, decreased appetite, nausea, chest pain when coughing, the body felt weak, both legs felt weak and heavy, weight decreased BB before illness 60 kg and during illness 46 kg. Patients say it is difficult to sleep at night due to occasional coughing, activities assisted by family. Nursing problems that arise in the case of Mr. L.N.H are ineffective airway clearance associated with airway hypersecretion, acute pain associated with physical injury agents, nutritional deficits associated with increased metabolic needs, activity intolerance associated with weakness sleep pattern disorders associated with lack of sleep control, knowledge deficits associated with less exposure to information. Nursing interventions carried out based on nursing problems are airway management, pain management, nutritional management, energy management, sleep support, health education. Implementation is carried out for 3 days. The results of the evaluation on the third day were evaluated and progress notes and found that three nursing problems were partially resolved, namely ineffective airway clearance was partially resolved, nutritional deficits were partially resolved, and activity intolerance was partially resolved. The conclusion is to try to improve a healthy lifestyle and comply with all recommendations conveyed by health workers such as a high calorie and protein diet, always being obedient in taking medication to prevent spread and optimal recovery.

Keywords : Nursing Care, Pulmonary Tuberculosis

Literature : 26 pieces (2017-2024)