

ABSTRAK

ASUHAN KEPERAWATAN HIPERVOLEMIA PADA KLIEN *CHRONIC KIDNEY DISEASE* MELALUI INTERVENSI *ANKLE PUMP EXERCISE* DAN ELEVASI KAKI 30° DI RSPAL dr. RAMELAN SURABAYA

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Latar Belakang : CKD (*Chronic Kidney Disease*) merupakan kegagalan kemampuan ginjal untuk mempertahankan metabolisme dan keseimbangan cairan yang mengakibatkan edema pada ekstremitas bahkan sampai terjadi komplikasi edema paru. Studi kasus ini bertujuan untuk mengetahui gambaran asuhan keperawatan pada klien CKD dengan masalah hipervolemia melalui intervensi *ankle pump exercise* dan elevasi kaki 30°. **Metode :** Metode yang digunakan yaitu asuhan keperawatan dengan pendekatan proses keperawatan. Fokus studi adalah dua klien CKD dengan masalah hipervolemia. Teknik pengumpulan data yaitu wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Instrumen pengumpulan data menggunakan format asuhan keperawatan medikal bedah, lembar Standar Operasional Prosedur (SOP) *ankle pump exercise* dan elevasi kaki 30° serta lembar observasi. **Hasil :** Pada pengkajian kedua klien mengalami sesak nafas dan edema pada perifer, diagnosis keperawatan yaitu hipervolemia, intervensi menggunakan manajemen hipervolemia, *ankle pump exercise* dan elevasi kaki 30° lalu dilakukan implementasi selama 4 hari yang menghasilkan perbaikan kondisi pada kedua klien dan masalah hipervolemia teratasi sebagian. **Kesimpulan :** Penerapan manajemen hipervolemia, *ankle pump exercise* dan elevasi kaki 30° selama 4 hari dapat mempengaruhi perbaikan kondisi hipervolemia yang dibuktikan dengan penurunan edema dan keseimbangan cairan membaik.

Kata Kunci : CKD, Hipervolemia, *Ankle Pump Exercise*, Elevasi Kaki 30°

ABSTRACT

NURSING INTERVENTION FOR MANAGING HYPERVOLEMIA IN CHRONIC KIDNEY DISEASE CLIENTS THROUGH ANKLE PUMP EXERCISE AND 30° LEG ELEVATION AT RSPAL dr. RAMELAN SURABAYA

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Background : Chronic Kidney Disease (CKD) is the failure of the kidneys to maintain metabolism and fluid balance, resulting in edema in the extremities and potentially leading to complications such as pulmonary edema. This case study aims to describe the nursing care provided to CKD clients experiencing hypervolemia through interventions involving ankle pump exercises and 30° leg elevation. **Methods :** The method used was nursing care based on the nursing process approach. The study focused on two CKD clients with hypervolemia problems. Data collection techniques included interviews, observations, physical examinations and documentation studies. Data collection instruments included the medical surgical nursing care format, standard operating procedure (SOP) sheets for ankle pump exercises and 30° leg elevation, as well as observation sheets. **Results :** In the assessment, both clients experienced shortness of breath and peripheral edema. The nursing was hypervolemia. Interventions included hypervolemia management, ankle pump exercises, and 30° leg elevation, implemented over a period of 4 days. These interventions resulted in improved conditions in both clients, with partial resolution of the hypervolemia issue. **Conclusion :** The application of hypervolemia management, ankle pump exercises, and 30-degree leg elevation over 4 days can positively impact the improvement of hypervolemia conditions, as evidenced by a reduction in edema and improved fluid balance.

Keywords : CKD, Hypervolemia, Ankle Pump Exercise, 30° Leg Elevation