

ABSTRAK

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ASUHAN KEPERAWATAN PASIEN *CHRONIC KIDNEY DISEASE* DENGAN MASALAH KEPERAWATAN KELETIHAN MELALUI INTERVENSI *PROGRESSIVE MUSCLE RELAXATION* DI RUANG ASTER RSUD dr. M. SOEWANDHIE

xvii + 158 Halaman + 22 Tabel + 14 Lampiran

Keletihan merupakan salah satu gejala utama yang sering dialami pasien *Chronic Kidney Disease* (CKD) akibat anemia, akumulasi toksin uremik, dan gangguan metabolik. Kondisi ini ditandai dengan penurunan energi, kelemahan, serta penurunan toleransi aktivitas yang berdampak pada penurunan kualitas hidup pasien. Salah satu intervensi nonfarmakologis yang dapat diberikan oleh perawat untuk membantu menurunkan keletihan adalah *Progressive Muscle Relaxation* (PMR). Penelitian ini bertujuan mengetahui gambaran asuhan keperawatan pada pasien *Chronic Kidney Disease* dengan masalah keperawatan keletihan melalui intervensi *Progressive Muscle Relaxation*.

Penelitian ini menggunakan desain studi kasus dengan pendekatan proses keperawatan pada dua pasien CKD Stadium V yang mengalami keletihan di Ruang Aster RSUD dr. M. Soewandhie Surabaya. Asuhan keperawatan dilakukan selama empat hari meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Selain menggunakan SLKI, tingkat keletihan diukur menggunakan instrumen FACIT-*Fatigue*.

Kedua klien mengalami keletihan yang ditandai dengan keluhan lemas, tidak bertenaga, cepat lelah, aktivitas menurun, anemia, serta peningkatan kadar ureum dan kreatinin. Diagnosis keperawatan yang ditegakkan adalah Keletihan (D.0057) berhubungan dengan penyakit kronis (CKD) yang menyebabkan anemia. Intervensi yang diberikan meliputi manajemen energi, PMR, edukasi, serta kolaborasi terapi medis dan transfusi darah. Setelah empat hari intervensi, skor FACIT meningkat dari 26 menjadi 40 pada klien pertama dan dari 17 menjadi 31 pada klien kedua. Selain itu, pasien melaporkan penurunan keluhan lelah, peningkatan tenaga, peningkatan kemampuan melakukan aktivitas sehari-hari, serta perbaikan kondisi umum.

Penerapan asuhan keperawatan melalui manajemen energi yang dikombinasikan dengan PMR, edukasi, dan kolaborasi terapi medis dapat membantu menurunkan keletihan pada pasien CKD. Hal tersebut ditunjukkan oleh peningkatan skor FACIT, berkurangnya keluhan keletihan, serta meningkatnya kemampuan aktivitas pasien.

Kata kunci : *Chronic Kidney Disease*, Keletihan, *Progressive Muscle Relaxation*

Daftar bacaan : 45 buku (2014-2026)

ABSTRACT

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NURSING CARE FOR PATIENTS WITH CHRONIC KIDNEY DISEASE EXPERIENCING FATIGUE USING PROGRESSIVE MUSCLE RELAXATION INTERVENTION IN THE ASTER WARD AT RSUD DR. M. SOEWANDHIE

xvii + 158 Pages + 22 Tables + 14 Appendices

Fatigue is one of the most common symptoms experienced by patients with Chronic Kidney Disease (CKD), resulting from anemia, the accumulation of uremic toxins, and metabolic disturbances. This condition is characterized by decreased energy, weakness, and reduced activity tolerance, which negatively affect patients' quality of life. One of the non-pharmacological nursing interventions that can be implemented to reduce fatigue is Progressive Muscle Relaxation (PMR). This study aimed to describe the nursing care provided to patients with Chronic Kidney Disease experiencing fatigue through the implementation of Progressive Muscle Relaxation.

This study employed a case study design using the nursing process approach involving two patients with Stage V Chronic Kidney Disease experiencing fatigue in the Aster Ward of Dr. M. Soewandhie Regional General Hospital, Surabaya. Nursing care was provided over four days and included assessment, nursing diagnosis, planning, implementation, and evaluation. In addition to the Indonesian Nursing Outcomes Standards (SLKI), fatigue levels were assessed using the FACIT-Fatigue questionnaire.

Both patients experienced fatigue, as evidenced by complaints of weakness, lack of energy, easy fatigability, decreased activity, anemia, and elevated blood urea nitrogen (BUN) and serum creatinine levels. The nursing diagnosis established was Fatigue (D.0057) related to chronic disease (CKD) causing anemia. Nursing interventions included energy management, Progressive Muscle Relaxation, patient education, and collaborative medical treatment, including blood transfusion. After four days of intervention, FACIT-Fatigue scores increased from 26 to 40 in the first patient and from 17 to 31 in the second patient. Furthermore, both patients reported reduced fatigue, increased energy, improved ability to perform daily activities, and better overall physical condition.

The implementation of nursing care through energy management combined with Progressive Muscle Relaxation, patient education, and collaborative medical management may help reduce fatigue in patients with Chronic Kidney Disease. This was demonstrated by improved FACIT-Fatigue scores, decreased fatigue complaints, and enhanced ability to perform daily activities.

Keywords : Chronic Kidney Disease, Fatigue, Progressive Muscle Relaxation

References : 45 books (2014-2026)