

ABSTRAK

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Pengkajian dan Diagnosis Keperawatan pada Anak dengan Dengue Haemorrhagic Fever Grade 1 di Ruang Aster RSD dr. Soebandi

Abstrak

Dengue Haemorrhagic Fever (DHF) merupakan penyakit menular akibat virus dengue yang banyak menyerang anak-anak dan dapat menyebabkan komplikasi serius seperti syok, perdarahan, hingga kematian. Di Indonesia, kasus DHF masih tinggi, terutama pada kelompok usia anak. Kurangnya pengkajian keperawatan yang sistematis menyebabkan keterlambatan deteksi dini dan peningkatan risiko komplikasi. Pengkajian yang tepat dan menyeluruh sangat penting untuk mendeteksi tanda klinis, memantau status cairan, serta memperhatikan aspek psikologis pasien dan keluarga. Penelitian ini bertujuan untuk mendeskripsikan hasil pengkajian dan diagnosis keperawatan pada anak dengan *Dengue Haemorrhagic Fever* Grade 1 di Ruang Aster RSD dr. Soebandi. Desain penelitian ini adalah studi kasus dengan pendekatan proses keperawatan. Subjek penelitian adalah tiga anak dengan *Dengue Haemorrhagic Fever* grade 1. Teknik pengumpulan data meliputi observasi, wawancara terstruktur, studi dokumen, dan pemeriksaan fisik. Validitas data dijaga melalui triangulasi sumber, member check, dan peer debriefing. Seluruh anak dengan DHF grade 1 mengalami demam, nyeri ulu hati, lemas, mual, dan penurunan nafsu makan. Tidak ada riwayat DHF pada pasien maupun keluarganya. Pasien tinggal di lingkungan padat penduduk. Pemeriksaan menunjukkan kondisi pernapasan baik, namun pasien tampak lemah dan mengalami dehidrasi ringan. Semua pasien memerlukan bantuan dalam perawatan diri. Hasil tumbuh kembang dan status gizi normal. Pemeriksaan laboratorium menunjukkan penurunan trombosit pada semua pasien, dan leukosit rendah pada dua pasien. Diagnosis keperawatan meliputi risiko syok, risiko hipovolemia, risiko perdarahan, hipertermia, nyeri akut, mual, risiko defisit nutrisi. Kesimpulan: Pengkajian sistematis sangat penting dalam menetapkan diagnosis keperawatan yang tepat pada anak dengan *Dengue Haemorrhagic Fever* grade 1. Intervensi dini berdasarkan pengkajian yang akurat dapat mencegah komplikasi serius serta meningkatkan kualitas hidup anak dan keluarganya.

Kata Kunci: Dengue Haemorrhagic Fever, Anak, Pengkajian Keperawatan, Diagnosis Keperawatan

ABSTRACT

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Nursing Assessment and Diagnosis of Children with Grade 1 Dengue Hemorrhagic Fever in the Aster Ward of Dr. Soebandi Regional Hospital

Abstract

Dengue Hemorrhagic Fever (DHF) is an infectious disease caused by the dengue virus that commonly affects children and can cause serious complications such as shock, bleeding, and even death. In Indonesia, DHF cases are still high, especially in the pediatric age group. The lack of systematic nursing assessments leads to delayed early detection and an increased risk of complications. A proper and comprehensive assessment is crucial for detecting clinical signs, monitoring fluid status, and addressing the psychological aspects of the patient and family. This study aims to describe the results of nursing assessments and diagnoses in children with Grade 1 Dengue Hemorrhagic Fever in the Aster Room of Dr. Soebandi Regional General Hospital. The design of this study is a case study with a nursing process approach. The subjects were three children with Grade 1 Dengue Hemorrhagic Fever. Data collection techniques included observation, structured interviews, document studies, and physical examinations. Data validity was maintained through source triangulation, member checks, and peer debriefing. All children with Grade 1 DHF experienced fever, heartburn, weakness, nausea, and decreased appetite. There was no history of DHF in the patient or his family. The patient lived in a densely populated area. Examination revealed good respiratory function, but the patient appeared weak and experienced mild dehydration. All patients required assistance with self-care. Growth and developmental outcomes and nutritional status were normal. Laboratory tests revealed decreased platelet counts in all patients and low leukocytes in two patients. Nursing diagnoses include risk of shock, risk of hypovolemia, risk of bleeding, hyperthermia, acute pain, nausea, risk of nutritional deficit. Conclusion: A systematic assessment is crucial in establishing an appropriate nursing diagnosis in children with grade 1 Dengue Hemorrhagic Fever. Early intervention based on an accurate assessment can prevent serious complications and improve the quality of life of the child and their family.

Keywords: Dengue Hemorrhagic Fever, Child, Nursing Assessment, Nursing Diagnosis