ABSTRAK

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Penerapan *Ankle Pump Exercise* Pada Pasien Gagal Ginjal Kronis Dengan Masalah Keperawatan Hipervolemia di Ruang IGD RSD dr. Soebandi Kabupaten Jember

Xix + 73 Halaman + 9 Tabel + 1 Gambar + 1 Bagan + 6 Lampiran

Abstrak

Gagal ginjal kronis (GGK) merupakan kondisi medis progresif yang ditandai dengan penurunan fungsi ginjal, yang sering kali memunculkan komplikasi seperti hipervolemia. Hipervolemia pada pasien GGK dapat menyebabkan edema, hipertensi, dan gagal jantung kongestif. Salah satu intervensi non-farmakologis yang potensial untuk mengurangi edema adalah *ankle pump exercise*, yaitu latihan gerak pergelangan kaki yang bertujuan meningkatkan aliran darah balik vena ke jantung melalui efek pompa otot (muscle pump). Penelitian ini menggunakan pendekatan studi kasus deskriptif kualitatif yang dilaksanakan pada tiga pasien dengan GGK dan masalah keperawatan hipervolemia di ruang IGD RSD dr. Soebandi Kabupaten Jember. Teknik pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik, serta studi dokumentasi. Intervensi yang diberikan adalah *ankle pump exercise* selama tiga hari berturut-turut, dengan evaluasi dilakukan melalui pengukuran derajat edema dan pengamatan tanda vital. Setelah tiga hari intervensi, seluruh pasien menunjukkan penurunan derajat edema ekstremitas dari +4 (kedalaman ±8 mm) menjadi +2 (kedalaman ±4–5 mm). Selain itu, terjadi perbaikan pada tanda vital seperti tekanan darah dan frekuensi nadi, serta peningkatan output urin. Pasien juga melaporkan penurunan keluhan sesak napas dan merasa lebih nyaman secara fisik. Penerapan *ankle pump exercise* terbukti efektif dalam membantu mengurangi penumpukan cairan di jaringan ekstremitas bawah dengan memanfaatkan mekanisme muscle pump. Latihan ini dapat menjadi terapi pendukung yang sederhana, murah, dan aman dalam asuhan keperawatan pasien GGK dengan hipervolemia, terutama untuk mengurangi edema tanpa meningkatkan beban farmakologis.

Kata Kunci: *Ankle Pump Exercise,* Hipervolemia, Edema

ABSTRACT

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Implementation of Ankle Pump Exercise in Chronic Kidney Disease Patients with a Nursing Problem of Hypervolemia in the Emergency Room of RSD dr. Soebandi, Jember Regency

Xix + 73 Pages + 9 Tables + 1 Figure + 1 Diagram + 6 Attachments

Abstrak

Chronic Kidney Disease (CKD) is a progressive medical condition characterized by a decline in kidney function, frequently accompanied by complications such as hypervolemia. Hypervolemia in CKD patients can lead to edema, hypertension, and congestive heart failure. One promising non-pharmacological intervention to reduce edema is the ankle pump exercise, an active ankle movement aimed at enhancing venous return to the heart through the muscle pump mechanism. This study employed a descriptive qualitative case study design, conducted on three patients with CKD experiencing nursing problems related to hypervolemia in the Emergency Room of RSD dr. Soebandi, Jember Regency. Data were collected through interviews, observations, physical examinations, and document analysis. The intervention consisted of ankle pump exercises administered over three consecutive days, with outcomes evaluated by measuring edema grade and observing vital signs. The results indicated a significant reduction in lower extremity edema, from grade +4 (depth ±8 mm) to grade +2 (depth ±4–5 mm) in all patients. Improvements were also observed in vital signs, including blood pressure and heart rate, along with an increase in urine output. Additionally, patients reported decreased shortness of breath and greater physical comfort. The implementation of ankle pump exercise proved to be an effective, simple, low-cost, and safe supportive therapy in the nursing management of CKD patients with hypervolemia, particularly in reducing edema without increasing the pharmacological burden.

Keywords: Ankle Pump Exercise, Hypervolemia, Oedema