ABSTRAK

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UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

Karya Ilmiah Akhir, Juli 2026
Mohamad Rafli Agatha. S.Kep

Implementasi Dan Evaluasi keperawatan Pada Pasien Chronic Kidney Disease (CKD) Dengan Perfusi Jaringan Perifer Tidak Efektif Di Ruang Bougenville RSUD dr. H. Koesnadi Bondowoso

Xv + 77 hal + 9 tabel + 2 gambar + 3 lampiran

Latar Belakang: *Chronic Kidney Disease* (CKD) stadium lanjut sering kali memicu komplikasi anemia renal akibat defisiensi hormon eritropoietin. Penurunan kadar hemoglobin ini mengganggu transportasi oksigen ke perifer, sehingga mengakibatkan manifestasi klinis berupa kelemahan fisik, akral dingin, pemanjangan *Capillary Refill Time* (CRT), dan pitting edema tungkai akibat retensi cairan. Karya Ilmiah Akhir ini bertujuan untuk menganalisis hasil implementasi dan evaluasi keperawatan pada pasien CKD dengan masalah prioritas perfusi perifer tidak efektif. **Metode:** Desain studi ini menggunakan metode studi kasus deskriptif kuantitatif pada tiga pasien CKD stadium akhir yang dirawat di Ruang Bougenville RSUD dr. H. Koesnadi Bondowoso. Intervensi keperawatan dilakukan selama 3x24 jam melalui pendekatan kombinasi, meliputi intervensi mandiri latihan pergerakan sendi kaki (*ankle pump exercise*) sebanyak 3-4 kali sehari dan intervensi kolaboratif pemberian transfusi darah *Packed Red Cells* (PRC) sebanyak 2 kolf. **Hasil:** Hasil pengkajian pra-intervensi pada ketiga pasien menunjukkan status anemia berat (Hb 6,4–7,2 g/dL), akral dingin, CRT >3–4 detik, nadi dorsalis pedis lemah, dan pitting edema derajat +2 hingga +3. Pasca-implementasi kombinasi selama tiga hari, evaluasi objektif menunjukkan peningkatan kadar hemoglobin yang signifikan mencapai rentang 10,0–11,4 g/dL, akral teraba hangat merata, CRT memendek menjadi <2 detik, denyut nadi perifer teraba kuat, serta resolusi total pada edema tungkai. **Kesimpulan:** Integrasi antara terapi kolaboratif transfusi PRC untuk mengoreksi konsentrasi hemoglobin dari dalam vaskular dan latihan fisik *ankle pump exercise* untuk mengoptimalkan pompa vena dari luar vaskular terbukti sangat efektif dalam mengatasi masalah keperawatan perfusi perifer tidak efektif pada pasien CKD

Kata Kunci: *Ankle Pump Exercise*, *Chronic Kidney Disease*, Pasien Kelolaan, Perfusi Perifer Tidak Efektif, Transfusi PRC

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ABSTRACT

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MUHAMMADIYAH UNIVERSITY OF JEMBER
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FACULTY OF HEALTH SCIENCE

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Mohamad Rafli Agatha. S.Kep

Nursing Implementation and Evaluation for Patients with Chronic Kidney Disease (CKD) and Ineffective Peripheral Tissue Perfusion in the Bougenville Ward of Dr. H. Koesnadi Regional General Hospital, Bondowoso

Xv + 77 pages + 9 tables + 2 pictures + 3 appendices

***Inroduction**: Advanced-stage Chronic Kidney Disease (CKD) frequently triggers renal anemia complications due to a deficiency in the erythropoietin hormone. This reduction in hemoglobin levels disrupts peripheral oxygen transport, resulting in clinical manifestations such as physical weakness, cold extremities, prolonged Capillary Refill Time (CRT), and lower limb pitting edema caused by fluid retention. This Final Scientific Paper aims to analyze the outcomes of nursing implementation and evaluation in CKD patients with the priority problem of ineffective peripheral perfusion. **Method**: This study utilized a descriptive quantitative case study design involving three end-stage CKD patients admitted to the Bougenville Ward at dr. H. Koesnadi Hospital, Bondowoso. Nursing interventions were conducted over a 3x24-hour period using a combined approach, comprising an independent intervention of ankle pump exercises performed 3–4 times daily and a collaborative intervention involving the transfusion of 2 bags of Packed Red Cells (PRC).**Result**: Pre-intervention assessment of all three patients indicated severe anemia (Hb 6.4–7.2 g/dL), cold extremities, CRT >3–4 seconds, weak dorsalis pedis pulse, and grade +2 to +3 pitting edema. Following the three-day combined implementation, objective evaluation demonstrated a significant increase in hemoglobin levels, reaching a range of 9.8–10.2 g/dL. Additionally, the extremities became evenly warm, CRT shortened to <2 seconds, peripheral pulses became strong, and a total resolution of lower limb edema was achieved. **Conclusion**: The integration of collaborative PRC transfusion therapy to correct intravascular hemoglobin concentration and physical ankle pump exercises to optimize the extravascular venous pump is proven to be highly effective in resolving the nursing problem of ineffective peripheral perfusion in CKD patients.*

***Keywords**: Ankle Pump Exercise, Chronic Kidney Disease, Managed Patients, Ineffective Peripheral Perfusion, PRC Transfusion.*

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