

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG**

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Gambaran tentang resusitasi cairan pada anak diare dengan dehidrasi di Rumah Sakit Islam Kendal
(xii +61 halaman + 12 tabel + 13 lampiran)

Abstrak

Diare pada anak termasuk dalam 5 besar penyakit yang ada di RSI Kendal. Pada diare apabila pengeluaran melebihi pemasukan maka akan terjadi defisit cairan tubuh yang mengakibatkan dehidrasi. Pemberian terapi intra vena Dehidrasi sedang pada anak umur < 12 bulan 30 ml/kg BB cairan RL, selama 5 jam. Umur > 12 bulan 15 ml/kg BB selama 2 ½ jam. Pasien dengan dehidrasi berat < 12 bulan 30 ml/kg BB cairan RL untuk satu jam dan dilanjutkan 30 ml/kgBB selama 5 jam dan umur > 12 bulan 15 ml/kg BB selama 15 menit pertama kemudian 70 ml/kgBB selama 2,5 jam. Bahaya dehidrasi yaitu menyebabkan anak menjadi rewel atau terjadi gangguan irama jantung maupun perdarahan otak dan jika tidak segera ditangani dehidrasi dapat mengakibatkan kematian, dengan pemberian resusitasi yang tepat akan memulihkan cairan tubuh yang hilang akibat dehidrasi. Tujuan dalam penelitian ini mengetahui gambaran tentang resusitasi cairan pada anak diare dengan dehidrasi di Rumah Sakit Islam Kendal. Penelitian ini merupakan *retrospektif*, sampel dalam penelitian ini adalah 60 pasien diare umur 0 – 18 tahun periode pada bulan Juni – Oktober 2017 di Rumah Sakit Islam Kendal. Hasil penelitian sebagian besar umur responden 0-1 tahun, berjenis kelamin laki-laki sebanyak 36 responden (60,0%), berat badan 1-10 kg sebanyak 36 responden (60,0%), mengalami diare akut sebanyak 50 responden (83,3%) dan mengalami derajat dehidrasi sedang (defisit cairan 10%) sebanyak 45 (75,0%), Rerata jumlah cairan yang diberikan pada anak diare dengan dehidrasi ringan 107,5 cc/jam, dehidrasi sedang 83,702 cc/jam dan dehidrasi berat 258,9 cc/jam, jumlah cairan yang diberikan adalah cairan RL sebanyak 55 responden (91,7%), menggunakan tetesa infus makro sebanyak 55 (91,7%), menggunakan infus pump sebanyak 55 (91,7%). Berdasarkan hasil penelitian ini diharapkan pihak rumah sakit memberikan pelatihan kepada perawat tentang resusitasi cairan.

Kata Kunci : resusitasi cairan, diare, dehidrasi
Daftar Pustaka : 55 (2005-2014)

**UNDERGRADUATE PROGRAM IN NURSING
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Representation of Children's Fluid Resuscitation in Diarrhea with Dehydration
at Kendal Islamic Hospital
(xii + 61 pages + 12 tables + 13 appendices)

Abstract

Diarrhea in children is one of the top 5 diseases at Kendal Islamic Hospital. The more fluid excretion compared to the fluid intake may cause fluid deficit which turn into dehydration. Children under 12 months with mild dehydration accept 30 mL/kg RL fluid IV injection within 5 hours. Children above 12 months with moderate dehydration was given 15 mL/kg RL fluid within 2 ½ hours. Children under 12 months with severe dehydration accept 30 ml/kg RL fluid IV injection within an hour and continued with 30 ml/kg within 5 hours, and for the children above 12 months, the RL fluid given was 15 ml/kg within 15 minutes and then 70 ml/kg for the next 2 ½ hours. Dehydration may lead to fussiness, heart rhythm disorder, cerebral hemorrhage, and even death without the proper treatment. In this case, resuscitation may recover the fluid loss from dehydration. This research was aimed to find out the representation of children's fluid resuscitation in diarrhea with dehydration at Kendal Islamic Hospital. It was retrospective research which involved 60 diarrhea patients between 0-18 years old in June-October 2017 at Kendal Islamic Hospital. The research result showed that the respondents between 0-1 year old were mostly male with 36 respondents (60.0%), weight between 1-10 kg were 36 respondents (60.0%), patients with acute diarrhea were 50 respondents (83.3%) and patients with moderate dehydration (10% fluid deficit) were 45 respondents (75.0%). The average of the fluid given to children with mild dehydration was 107.5 cc/hour, moderate dehydration 83.702 cc/hour, and severe dehydration 258.9 cc/hour. There were 55 (91.7%) respondents received RL fluid IV injection with macro IV drip and IV pump. Based on the research, the hospital is suggested to give training for the nurses about fluid resuscitation.

Keywords : fluid resuscitation, diarrhea, dehydration

References : 55 (2005 – 2014)