

## ABSTRAK

*Asuhan Keperawatan Gerontik pada Lansia Katarak dengan Masalah Keperawatan Risiko Cedera.* Zhafira Refanza (2023). Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Idayanti, S.Pd, M.Kes, (II) Ns. Kurniawati, M.Kep

Katarak merupakan proses degeneratif berupa kekeruhan di lensa bola mata sehingga menyebabkan keterbatasan penglihatan. Keterbatasan penglihatan yang dialami oleh lansia yang menderita katarak menyebabkan meningkatnya risiko cedera. Dalam hal ini, keluarga memiliki peranan sangat penting dalam pengawasan kegiatan sehari-hari lansia. Tujuan dari penelitian adalah mengidentifikasi gambaran penatalaksanaan asuhan keperawatan gerontik pada lansia katarak dengan masalah keperawatan risiko cedera. Desain penelitian ini adalah deskriptif dalam bentuk studi kasus dengan 2 subjek penelitian dan dilakukan pada 12-17 April 2023 di Wilayah Kerja Puskesmas Karya Wanita Pekanbaru. Penelitian ini menggunakan teknik wawancara, observasi dan pemeriksaan fisik secara IPPA (Inspeksi, Palpasi, Perkusi, Auskultasi). Data disajikan dalam bentuk narasi. Berdasarkan pengkajian yang dilakukan pada kedua subjek, diketahui bahwa lansia dengan katarak memiliki ciri-ciri yang sama yaitu pandangan tampak berkabut, peka terhadap sinar cahaya, pandangan tampak berbayang, dan lensa mata berwarna putih susu. Hasil penelitian dari kedua subjek menunjukkan bahwa peran keluarga terhadap kesehatan lansia katarak sangat penting. Hal ini dikarenakan lansia katarak memerlukan pengawasan khusus terhadap kegiatan sehari-hari agar terhindar dari cedera. Disarankan kepada penulis selanjutnya agar dapat mengeksplorasi asuhan keperawatan gerontik secara mendalam dan mampu meningkatkan motivasi keluarga dalam pengawasan lansia katarak dengan risiko cedera tinggi.

Kata Kunci: Asuhan Keperawatan, Katarak, Lansia, Risiko Cedera.

## **ABSTRACT**

*Gerontic Nursing Care for Cataract Elderly with Nursing Problems at Risk of Injury. Zhafira Refanza (2023). Case Study Scientific Writing, Nursing DIII Study Program, Nursing Department, Riau Ministry of Health Health Polytechnic. Advisor (I) Idayanti, S.Pd, M.Kes, (II) Ns. Kurniawati, M. Kep*

*Cataracts are a degenerative process in the form of cloudiness in the lens of the eyeball, causing limited vision. Limited vision experienced by the elderly with cataracts causes an increased risk of injury. In this case, the family has a very important role in supervising the daily activities of the elderly. The purpose of this study was to identify the description of the management of gerontological nursing care in elderly cataracts with nursing problems at risk of injury. The research design was descriptive in the form of a case study with 2 research subjects and was conducted on April 12-17 2023 in the Work Area of the Karya Wanita Pekanbaru Health Center. This study used interview, observation and physical examination techniques by IPPA (Inspection, Palpation, Percussion, Auscultation). The data is presented in narrative form. Based on the studies conducted on both subjects, it is known that elderly people with cataracts have the same characteristics, namely a cloudy appearance, sensitivity to light, shaded vision, and milky white eye lenses. The results of the two subjects showed that the role of the family in the health of the elderly with cataracts was very important. This is because the elderly with cataracts require special supervision of daily activities to avoid injury. It is suggested to further authors to be able to explore gerontic nursing care in depth and be able to increase family motivation in monitoring elderly cataracts with a high risk of injury.*

*Keywords: Nursing Care, Cataract, Elderly, Risk of Injury.*