

ABSTRAK

Rima Mauliddiana (2023). *Asuhan Keperawatan Pada Pasien Tuberkulosis Paru dengan Masalah Defisit Nutrisi di Wilayah Kerja Puskesmas Rawat Inap Tenayan Raya Kota Pekanbaru*. Karya Tulis Ilmiah Studi Kasus, Proqram Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Wiwiek Delvira, S.Kep., M.Kep, (II) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.MB

Tuberkulosis Paru disebabkan oleh bakteri *Mycobacterium Tuberculosis*. Lebih dari 95% kasus dan kematian terjadi di negara berkembang. Saat seseorang menderita Tuberkulosis Paru, gejala seperti batuk, demam, berkeringat pada malam hari, atau penurunan berat badan. Infeksi yang dialami penderita Tuberkulosis dapat mengganggu ketersediaan nutrisi pada penderita Tuberkulosis Paru. Defisit nutrisi dan Tuberkulosis terkait erat, pada penderita Tuberkulosis aktif berbagai faktor seperti penurunan nafsu makan dan asupan makan, meningkatnya kehilangan zat gizi, dan gangguan metabolisme akibat inflamasi dan respon imun. Tujuan penelitian untuk mendeskripsikan asuhan keperawatan yang dilakukan pada pasien Tuberkulosis Paru dengan masalah defisit nutrisi. Penelitian ini adalah Studi Kasus dengan 2 subjek penelitian dan dilakukan pada 14-16 April 2023. Penelitian ini menggunakan teknik wawancara dan observasi (memonitor berat badan dan asupan nutrisi). Data disajikan dalam bentuk tabel, bagan, maupun teks naratif. Hasil penelitian kedua subjek mengalami peningkatan berat badan. Dari hasil penelitian tersebut dapat disimpulkan bahwa diit TKTP yang dianjurkan dapat meningkatkan berat badan.

Kata Kunci: Tuberkulosis Paru, Defisit Nutrisi

ABSTRACT

Rima Mauliddiana (2023). *Nursing Care for Pulmonary Tuberculosis Patients with Nutritional Deficit Problems in the Working Area of the Tenayan Raya Inpatient Health Center, Pekanbaru City*. Case Study Scientific Paper, DIII Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Wiwiek Delvira, S.Kep., M.Kep, (II) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.MB

Pulmonary Tuberculosis is caused by *the bacterium Mycobacterium Tuberculosis*. More than 95% of cases and deaths occur in developing countries. When a person has Pulmonary Tuberculosis, symptoms such as cough, fever, night sweats, or weight loss. Infections experienced by tuberculosis patients can interfere with the availability of nutrients in patients with pulmonary tuberculosis. Nutritional deficits and Tuberculosis are closely related, in patients with active tuberculosis various factors such as decreased appetite and food intake, increased loss of nutrients, and metabolic disorders due to inflammation and immune response. The purpose of the study was to describe nursing care performed on Pulmonary Tuberculosis patients with nutritional deficit problems. This research is a Case Study with 2 research subjects and was conducted on 14-16 April 2023. This research uses interview and observation techniques (monitoring body weight and nutritional intake). Data is presented in the form of tables, charts, and narrative text. The results of the study both subjects experienced an increase in body weight. From the results of the study, it can be concluded that the recommended TKTP diet can increase body weight.

Keywords: Pulmonary Tuberculosis, Nutritional Deficit