

ABSTRAK

Mayang Harfa (2024). *Asuhan Keperawatan Pada anak Tuberkulosis Paru dengan Masalah Defisit Nutrisi di Wilayah Kerja Puskesmas Pekanbaru Kota*. Karya Tulis Ilmiah Studi Kasus, Progam Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) R. Sakhnan, SKM., M.Kes, (II) Magdalena, SST, S.Kep, M.Kes

Tuberkulosis Paru disebabkan oleh bakteri *Mycobacterium Tuberculosis* penyakit menular. 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 6-8 Mei 2024. 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. Diharapkan dengan adanya penelitian ini dapat digunakan sebagai referensi dalam pengembangan ilmu pengetahuan terutama mengenai Asuhan Keperawatan pada klien Tuberkulosis Paru dengan Masalah Defisit Nutrisi.

Kata Kunci: Tuberkulosis Paru, Defisit Nutrisi

ABSTRACT

Mayang Harfa (2024). *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 Pembimbing (I) R. Sakhnan, SKM., M.Kes, (II) Magdalena, SST, S.Kep, M.Kes

Pulmonary Tuberculosis is caused by *the bacterium Mycobacterium Tuberculosis* infectious diseases. 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 6-8 Mei 2024. 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 diit can increase body weight. It is hoped that this research can be used as a reference in developing knowledge, especially regarding nursing care for pulmonary tuberculosis clients with nutritional deficit problems.

Keywords: Pulmonary Tuberculosis, Nutritional Deficit