

ABSTRAK

Asuhan Keperawatan Gagal Ginjal Kronik Dengan Masalah Ansietas

Di RSUD Indrasari Rengat.

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Gagal ginjal kronik merupakan kondisi penurunan fungsi ginjal secara progresif dan permanen yang memerlukan terapi hemodialisis untuk mempertahankan kehidupan. Selain masalah fisik, pasien juga sering mengalami masalah psikologis seperti ansietas yang dapat mempengaruhi kualitas hidup dan kepatuhan terhadap terapi. Ansietas ditandai dengan perasaan khawatir, gelisah, sulit tidur, dan perubahan tanda vital. Berdasarkan data RSUD Indrasari Rengat tahun 2025, terdapat 138 pasien gagal ginjal kronik yang menjalani hemodialisis. Penelitian ini bertujuan untuk mendeskripsikan dan melaksanakan asuhan keperawatan pada pasien gagal ginjal kronik dengan masalah keperawatan ansietas. Metode yang digunakan adalah studi kasus deskriptif terhadap 1 pasien gagal ginjal kronik yang menjalani hemodialisis di ruang hemodialisa selama 6 hari mulai dari tanggal 28 maret sampai 02 April. Asuhan keperawatan dilakukan melalui tahapan pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Intervensi yang diberikan meliputi reduksi ansietas melalui pendekatan terapeutik, edukasi, serta teknik relaksasi napas dalam. Hasil menunjukkan bahwa subjek mengalami penurunan tingkat ansietas yang ditandai dengan berkurangnya rasa khawatir, pasien tampak lebih tenang, pola tidur membaik, dan tanda-tanda gelisah menurun dan skala zsa: 66. Disimpulkan bahwa asuhan keperawatan yang komprehensif melalui teknik relaksasi dan dukungan emosional efektif dalam menurunkan ansietas pada pasien gagal ginjal kronik. Diharapkan perawat dapat meningkatkan kemampuan dalam mengidentifikasi serta menangani masalah psikologis pasien, dan penelitian selanjutnya dapat dilakukan dengan jumlah responden yang lebih besar untuk memperkuat hasil penelitian dan temuan ini.

Kata kunci: Gagal ginjal kronik, Ansietas, Asuhan Keperawatan

ABSTRACT

Nursing Care for Patients with Chronic Kidney Disease Experiencing Anxiety at Indrasari Rengat Regional General Hospital

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Chronic kidney disease is a condition characterized by progressive and permanent decline in kidney function, requiring hemodialysis therapy to sustain life. In addition to physical problems, patients often experience psychological issues such as anxiety, which can affect quality of life and adherence to therapy. Anxiety is characterized by feelings of worry, restlessness, sleep disturbances, and changes in vital signs. Based on data from RSUD Indrasari Rengat in 2025, there were 138 patients with chronic kidney disease undergoing hemodialysis. This study aimed to implement nursing care for patients with chronic kidney disease experiencing anxiety. The method used was a descriptive case study involving one patient with chronic kidney disease undergoing hemodialysis in the hemodialysis unit for 6 days, from March 28 to April 2. Nursing care was carried out through the stages of assessment, diagnosis, intervention, implementation, and evaluation. The interventions provided included anxiety reduction through a therapeutic approach, education, and deep breathing relaxation techniques. The results showed that the subject experienced a decrease in anxiety levels, indicated by reduced worry, the patient appearing calmer, improved sleep patterns, and decreased signs of restlessness. It can be concluded that comprehensive nursing care through relaxation techniques and emotional support is effective in reducing anxiety in patients with chronic kidney disease. It is expected that nurses can improve their ability to identify and manage patients' psychological problems, and further research with a larger number of respondents is recommended to strengthen the findings of this study.

Keywords: Chronic Kidney Disease, Anxiety, Nursing Care