

ABSTRAK

Nur Hafizha Safitri (2026). Asuhan Keperawatan pada Klien *Chronic kidney disease* dengan Masalah Keperawatan Perfusi Perifer Tidak Efektif di Ruang Rawat Inap RSUD Arifin Achmad Pekanbaru. Karya Tulis Ilmiah, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Dr. Ns. Dewi Sartika, M.Kep (II) Ns. Syafrisar Meri Agritubella, M.Kep. Penguji (I) Dr. Ibnu Rusdi, S.Kp., M.Kes (II) Ns. Ardenny, S.Kep., M.Kep.

Chronic kidney disease (CKD) merupakan kondisi kerusakan fungsi ginjal yang bersifat progresif dan ireversibel, ditandai dengan penurunan laju filtrasi glomerulus di bawah 60 mL/menit/1,73 m². Salah satu komplikasi yang sering muncul adalah anemia renalis akibat defisiensi eritropoietin, yang menyebabkan penurunan kadar hemoglobin sehingga menimbulkan masalah keperawatan Perfusi Perifer Tidak Efektif. Tujuan studi kasus ini adalah memberikan gambaran asuhan keperawatan pada klien CKD dengan masalah Perfusi Perifer Tidak Efektif di Ruang Rawat Inap RSUD Arifin Achmad Pekanbaru. Jenis penelitian yang digunakan adalah deskriptif studi kasus pada satu subjek, meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Hasil pengkajian menunjukkan tekanan darah 160/95 mmHg, hemoglobin 3,2 g/dL, CRT >2 detik, akral dingin, dan pucat. Diagnosis prioritas yang ditegakkan adalah Perfusi Perifer Tidak Efektif berhubungan dengan Ketidakseimbangan Kadar Hemoglobin. Intervensi mengacu pada SIKI Perawatan Sirkulasi, meliputi pemeriksaan sirkulasi perifer, kolaborasi transfusi PRC 5 labu, posisi semi fowler, serta edukasi berhenti merokok dan kepatuhan minum obat. Setelah dilakukan asuhan keperawatan 3×24 jam, terjadi perbaikan klinis: CRT menjadi 1 detik, akral hangat, hemoglobin meningkat menjadi 9,9 g/dL, dan tekanan darah menurun menjadi 138/80 mmHg. Asuhan keperawatan yang sistematis dan kolaboratif dapat membantu memperbaiki kondisi perfusi perifer pada klien CKD. Diharapkan perawat dapat memberikan asuhan keperawatan yang komprehensif dalam pengelolaan masalah Perfusi Perifer Tidak Efektif guna mendukung peningkatan kualitas pelayanan keperawatan.

Kata Kunci: Asuhan Keperawatan, *Chronic kidney disease*, Perfusi Perifer Tidak Efektif

ABSTRACT

Nur Hafizha Safitri (2026). Nursing Care for Clients with Chronic kidney disease and Ineffective Peripheral Perfusion Nursing Problem in the Inpatient Ward of RSUD Arifin Achmad Pekanbaru. Scientific Writing, Diploma III Nursing Study Program, Department of Nursing, Poltekkes Kemenkes Riau. Supervisor (I) Dr. Ns. Dewi Sartika, M.Kep (II) Ns. Syafrisar Meri Agritubella, M.Kep. Examiner (I) Dr. Ibnu Rusdi, S.Kp., M.Kes (II) Ns. Ardenny, S.Kep., M.Kep.

Chronic kidney disease (CKD) is a progressive and irreversible deterioration of kidney function characterized by a decline in glomerular filtration rate below 60 mL/min/1.73 m². One of the most common complications is renal anemia caused by erythropoietin deficiency, which leads to decreased hemoglobin levels and gives rise to the nursing problem of Ineffective Peripheral Perfusion. This case study aimed to describe nursing care for a client with CKD and Ineffective Peripheral Perfusion in the inpatient ward of RSUD Arifin Achmad Pekanbaru. A descriptive case study design was used involving one subject, encompassing assessment, diagnosis, intervention, implementation, and evaluation. Assessment findings revealed blood pressure of 160/95 mmHg, hemoglobin of 3.2 g/dL, capillary refill time (CRT) >2 seconds, cold acral extremities, and pallor. The priority nursing diagnosis established was Ineffective Peripheral Perfusion related to Hemoglobin Imbalance. Interventions referred to the SIKI Circulatory Care, including peripheral circulation assessment, collaborative administration of 5 units of packed red cells (PRC), semi-Fowler positioning, and education on smoking cessation and medication adherence. After 3×24 hours of nursing care, clinical improvements were observed: CRT improved to 1 second, acral extremities became warm, hemoglobin increased to 9.9 g/dL, and blood pressure decreased to 138/80 mmHg. Systematic and collaborative nursing care can help improve peripheral perfusion in clients with CKD. Nurses are encouraged to provide comprehensive nursing care in managing Ineffective Peripheral Perfusion to support the improvement of nursing care quality.

Keywords: Nursing Care, Chronic kidney disease, Ineffective Peripheral Perfusion