

## ABSTRAK

Bella Auliyah Glora Saocha Nirwana (2026). Asuhan Keperawatan Anak pada Thalassemia Mayor dengan Masalah Keperawatan Intoleransi Aktivitas di RSUD Arifin Achmad Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Hernitati, S.Pd., S.Kep., M.K.M. (II) Ns. Melly, SST., S.Kep., M.Kes. Penguji (I) Ns. Yulianto, S.Kep., M.Pd., MPH (II) Ns. Magdalena, SST., S.Kep., M.Kes.

**Latar Belakang:** Thalassemia mayor merupakan kelainan darah hereditas berat akibat kegagalan produksi rantai globin beta yang menyebabkan anemia kronis dan berkurangnya suplai oksigen ke jaringan, sehingga menimbulkan masalah keperawatan intoleransi aktivitas pada anak. **Tujuan:** Menggambarkan asuhan keperawatan anak pada thalassemia mayor dengan masalah keperawatan intoleransi aktivitas di RSUD Arifin Achmad Pekanbaru. **Metode Penelitian:** Desain studi kasus deskriptif pada satu subjek, An. N, perempuan, 11 tahun, dilaksanakan pada tanggal 17, 20, dan 21 April 2026. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. **Hasil Penelitian:** Pengkajian menunjukkan pasien tampak lemas, mudah lelah, konjungtiva anemis, nadi 95 x/menit, frekuensi napas 25 x/menit, dan hemoglobin 7,6 g/dL. Diagnosis yang ditegakkan adalah intoleransi aktivitas berhubungan dengan ketidakseimbangan suplai dan kebutuhan oksigen (D.0056). Intervensi mengacu pada SIKI Manajemen Energi (I.05178) meliputi pemantauan kelelahan, pengaturan aktivitas bertahap, edukasi keluarga, dan kolaborasi transfusi Packed Red Cells (PRC). Setelah asuhan keperawatan 3×24 jam, keluhan lemas berkurang, pasien mampu memilih aktivitas secara mandiri, nadi membaik menjadi 90 x/menit, dan kondisi umum membaik pascatransfusi. **Kesimpulan:** Asuhan keperawatan sistematis melalui manajemen energi dan transfusi PRC terbukti meningkatkan toleransi aktivitas anak thalassemia mayor secara bertahap. **Saran:** Keluarga diharapkan patuh terhadap jadwal transfusi rutin dan perawat menerapkan manajemen energi berbasis bukti dalam asuhan keperawatan anak thalassemia mayor.

Kata Kunci: Asuhan Keperawatan, Intoleransi Aktivitas, Thalassemia Mayor

## ***ABSTRACT***

Bella Auliyah Glora Saocha Nirwana (2026). Nursing Care for Children with Thalassemia Major and Activity Intolerance Nursing Problem at RSUD Arifin Achmad Pekanbaru. Scientific Writing Case Study, Diploma III Nursing Study Program, Department of Nursing, Poltekkes Kemenkes Riau. Supervisor (I) Hernitati, S.Pd., S.Kep., M.K.M. (II) Ns. Melly, SST., S.Kep., M.Kes. Examiner (I) Ns. Yulianto, S.Kep., M.Pd., MPH (II) Ns. Magdalena, SST., S.Kep., M.Kes.

**Background:** Thalassemia major is a severe hereditary blood disorder caused by beta-globin chain production failure, leading to chronic anemia and reduced oxygen delivery to tissues, which results in activity intolerance in affected children. **Objective:** To describe nursing care for children with thalassemia major and activity intolerance nursing problem at RSUD Arifin Achmad Pekanbaru. **Research Method:** A descriptive case study involving one subject, An. N, female, 11 years old, conducted on April 17, 20, and 21, 2026. Data were collected through interviews, observation, physical examination, and documentation study. **Research Results:** Assessment revealed weakness, easy fatigue, anemic conjunctiva, heart rate 95 times/minute, respiratory rate 25 times/minute, and hemoglobin 7.6 g/dL. The nursing diagnosis established was activity intolerance related to imbalance between oxygen supply and demand (D.0056). Interventions referred to SIKI Energy Management (I.05178), including fatigue monitoring, gradual activity regulation, family education, and collaborative Packed Red Cells (PRC) transfusion. After 3×24 hours of nursing care, fatigue complaints reduced, the patient independently chose activities, heart rate improved to 90 times/minute, and general condition improved post-transfusion. **Conclusion:** Systematic nursing care through energy management and PRC transfusion effectively improved activity tolerance in children with thalassemia major. **Suggestion:** Families are expected to comply with routine transfusion schedules and nurses are encouraged to apply evidence-based energy management in caring for children with thalassemia major.

**Keywords:** Activity Intolerance, Nursing Care, Thalassemia Major