

## ABSTRAK

Rifky Pratama Agus Afriyanto (2026). *Asuhan Keperawatan Pada Anak Dengue Hemorrhagic Fever (DHF) dengan Masalah Keperawatan Hipovolemia di RSUD Arifin Achmad Pekanbaru*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Magdalena, SST., S.Kep., M.Kes, (II) Ns. Yulianto, S.Kep., M.Pd., MPH.

*Dengue Hemorrhagic Fever (DHF)* merupakan penyakit infeksi akibat virus dengue yang ditularkan melalui gigitan nyamuk *Aedes aegypti*. Penyakit ini ditandai demam tinggi, trombositopenia, dan kebocoran plasma yang dapat menyebabkan hipovolemia hingga syok hipovolemik. Di Indonesia, DHF masih menjadi masalah kesehatan yang banyak ditemukan pada anak. Data RSUD Arifin Achmad Pekanbaru menunjukkan terdapat 107 kasus DHF pada tahun 2025 dan 17 kasus pada awal tahun 2026. Karya tulis ilmiah ini bertujuan menggambarkan penerapan asuhan keperawatan pada anak dengan DHF yang mengalami hipovolemia melalui tahapan pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. **Metode** yang digunakan adalah studi kasus deskriptif pada An. R, laki-laki usia 13 tahun, yang dirawat di Ruang Anggrek I RSUD Arifin Achmad Pekanbaru dengan diagnosis medis DHF. **Hasil** pengkajian menunjukkan pasien mengalami demam selama 4 hari, mual, muntah, kelemahan, turgor kulit menurun >2 detik, mukosa kering, tekanan darah 90/70 mmHg, trombosit 95.000/ $\mu$ L, hematokrit 46,4%, dan balance cairan -402 cc. Diagnosis keperawatan yang ditegakkan adalah hipovolemia berhubungan dengan peningkatan permeabilitas kapiler. Intervensi meliputi pemantauan tanda vital dan balance cairan, pemberian cairan oral serta intravena, kolaborasi terapi farmakologis, dan edukasi peningkatan asupan cairan. Evaluasi selama tiga hari menunjukkan perbaikan status cairan dengan balance cairan mencapai +52,3 cc, peningkatan trombosit menjadi 163.000/uL, mukosa lembab, turgor elastis, suhu normal, dan nafsu makan membaik. **Kesimpulan** masalah hipovolemia dinyatakan teratasi sehingga asuhan keperawatan berbasis SDKI, SLKI, dan SIKI terbukti efektif mendukung pemulihan anak dengan DHF.

Kata Kunci: Asuhan Keperawatan, Anak. *Dengue Hemorrhagic Fever*, *Hipovolemia*,

## ABSTRACT

*Rifky Pratama, Agus Afriyanto (2026). Nursing Care for a Child with Dengue Hemorrhagic Fever (DHF) and Hypovolemia at Arifin Achmad Regional General Hospital Pekanbaru. Case Study Scientific Paper, Diploma III Nursing Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Magdalena, SST., S.Kep., M.Kes., Supervisor (II) Ns. Yulianto, S.Kep., M.Pd., MPH.*

*Dengue Hemorrhagic Fever (DHF) is an infectious disease caused by the dengue virus and transmitted through the bite of Aedes aegypti mosquitoes. The disease is characterized by high fever, thrombocytopenia, and plasma leakage, which may lead to hypovolemia and even hypovolemic shock. In Indonesia, DHF remains a significant health problem, particularly among children. Data from RSUD Arifin Achmad Pekanbaru showed 107 DHF cases in 2025 and 17 cases in the early months of 2026. This scientific paper aimed to describe the implementation of nursing care for a child with DHF experiencing hypovolemia through the stages of assessment, nursing diagnosis, intervention, implementation, and evaluation. The method used was a descriptive case study involving An. R, a 13-year-old male patient who was treated in the Anggrek I Ward of RSUD Arifin Achmad Pekanbaru with a medical diagnosis of DHF. Assessment findings revealed that the patient had experienced fever for four days, nausea, vomiting, weakness, decreased skin turgor of more than two seconds, dry mucous membranes, blood pressure of 90/70 mmHg, platelet count of 95,000/ $\mu$ L, hematocrit level of 46.4%, and a fluid balance of -402 cc. The nursing diagnosis established was hypovolemia related to increased capillary permeability. Nursing interventions included monitoring vital signs and fluid balance, administering oral and intravenous fluids, collaborating in pharmacological therapy, and providing education to increase fluid intake. Evaluation over three days showed improvement in fluid status, with fluid balance reaching +52.3 cc, platelet count increasing to 163,000/ $\mu$ L, moist mucous membranes, elastic skin turgor, normal body temperature, and improved appetite. In conclusion, the hypovolemia problem was resolved, indicating that nursing care based on the Indonesian Nursing Diagnosis Standards (SDKI), Indonesian Nursing Outcomes Standards (SLKI), and Indonesian Nursing Intervention Standards (SIKI) was effective in supporting the recovery of children with DHF.*

*Keywords: Nursing Care, Children, Dengue Hemorrhagic Fever (DHF), Hypovolemia.*