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Judul KIAN : Asuhan keperawatan pada anak dengan anemia yang mengalami gangguan perfusi jaringan perifer melalui tindakan pemberian sari kurma di rumah sakit bhayangkara tk i pusdokkes polri jakarta

ABSTRAK

Latar Belakang: Anemia pada anak merupakan masalah kesehatan global yang dapat menurunkan perfusi jaringan perifer dan menyebabkan gejala seperti kelelahan, kelemahan, pucat, dan sesak napas. Prevalensi anemia di Indonesia masih cukup tinggi, terutama pada remaja, sehingga diperlukan penanganan yang efektif.

Tujuan: Penelitian ini bertujuan menerapkan asuhan keperawatan komprehensif pada anak dengan anemia dan mengevaluasi efektivitas sari kurma dalam meningkatkan kadar hemoglobin.

Metode: Desain penelitian menggunakan studi kasus dan studi literatur. Subjek adalah remaja perempuan usia 13 tahun 10 bulan dengan diagnosis tuberkulosis paru dan anemia yang dirawat di RS Bhayangkara TK I Pusdokkes Polri Jakarta. Data dikumpulkan melalui wawancara, pemeriksaan fisik, observasi, telaah rekam medis, dan hasil laboratorium. Intervensi yang diberikan meliputi pemantauan tanda vital, edukasi nutrisi, dan pemberian sari kurma 3×15 ml per hari selama 3 hari.

Hasil: Sebelum intervensi, kadar hemoglobin pasien 8,5 g/dL. Setelah intervensi, kadar hemoglobin meningkat menjadi 9,5 g/dL dengan perbaikan kondisi klinis berupa peningkatan energi, nafsu makan, dan berkurangnya pusing. Kandungan zat besi, asam folat, dan vitamin C pada sari kurma mendukung peningkatan hemoglobin.

Kesimpulan: Asuhan keperawatan holistik dengan tambahan pemberian sari kurma efektif dalam meningkatkan kadar hemoglobin dan memperbaiki kondisi klinis pasien anemia. Intervensi ini dapat menjadi rekomendasi dalam praktik keperawatan anak untuk penanganan anemia secara alami.

Kata Kunci: Anemia, asuhan keperawatan, sari kurma, hemoglobin, anak.

Daftar Pustaka: 39 buah (2015–2025)

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Thesis Title : *Nursing Care for a Child with Anemia Experiencing Impaired Peripheral Tissue Perfusion through the Administration of Date Extract at Bhayangkara Level I Hospital, Puskor Polri, Jakarta.*

ABSTRAK

Background: Anemia in children is a global health problem that can reduce peripheral tissue perfusion and cause symptoms such as fatigue, weakness, pallor, and shortness of breath. The prevalence of anemia in Indonesia remains quite high, especially among adolescents, necessitating effective management.

Objective: This study aims to implement comprehensive nursing care for children with anemia and evaluate the effectiveness of date syrup in increasing hemoglobin levels.

Methods: This study used a case study and literature review design. The subject was a 13-year and 10-month-old female adolescent diagnosed with pulmonary tuberculosis and anemia, treated at Bhayangkara TK I Puskor Polri Hospital, Jakarta. Data were collected through interviews, physical examinations, observations, medical record reviews, and laboratory results. Interventions included vital sign monitoring, nutritional education, and administration of date syrup 3×15 ml per day for 3 days.

Results: Before intervention, the patient's hemoglobin level was 8.5 g/dL. After intervention, hemoglobin increased to 9.5 g/dL, accompanied by clinical improvements such as increased energy, appetite, and reduced dizziness. The iron, folic acid, and vitamin C content in date syrup support hemoglobin improvement.

Conclusion: Holistic nursing care with the addition of date syrup administration is effective in increasing hemoglobin levels and improving the clinical condition of children with anemia. This intervention can be recommended in pediatric nursing practice for natural anemia management.

Keywords: Anemia, nursing care, date syrup, hemoglobin, children.

References: 39 sources (2015–2025)