

# STUDI KASUS PENGKAJIAN STATUS NUTRISI TERHADAP PROSES PENYEMBUHAN LUKA PASCA OPERASI APENDIKTOMI PADA PASIEN APENDISITIS

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## INTISARI

*Apendisitis* merupakan suatu kegawatan pada abdomen dimana terjadi peradangan akibat obstruksi dan iskemia pada *apendiks* dan penyebab utama inflamasi akut di kuadran kanan bawah. Salah satu pelaksanaan medis dari *apendisitis* yaitu operasi *apendiktomi*, perubahan fisiologis pasca operasi menyebabkan penderitanya mengalami penurunan dalam status nutrisi yang dapat memperlambat proses penyembuhan luka pasca operasi sehingga memunculkan masalah keperawatan defisit nutrisi. Salah satu yang dapat dilakukan yaitu pengkajian defisit nutrisi, selain dapat mengetahui status nutrisi klien, juga dapat mempercepat proses penyembuhan luka pasca operasi *apendiktomi*.

Studi ini dilakukan untuk mempresentasikan status nutrisi klien, untuk meningkatkan proses penyembuhan luka dengan mual pasca operasi *apendiktomi*.

Penelitian ini menggunakan metode asuhan keperawatan, mencakup pengkajian, merumuskan diagnosa keperawatan, intervensi, implementasi dan evaluasi yang dilakukan selama 3 hari di ruangan Anggrek BLUD RSUD Kota Banjar. Penegakan diagnosa keperawatan mengacu pada Standar Diagnosis Keperawatan Indonesia (SDKI), Standar Intervensi Keperawatan Indonesia (SIKI), Standar Luaran Keperawatan Indonesia (SLKI), dan evaluasi keperawatan didokumentasikan dengan metode SOAPIER.

Diagnosa keperawatan Defisit Nutrisi berhubungan dengan Mual Pasca Operasi dengan nomor diagnosa D.0019, dilakukan pengkajian status nutrisi selama 3 hari terhadap penyembuhan luka operasi, masalah keperawatan defisit nutrisi terhadap klien teratasi ditandai dengan hilangnya perasaan mual saat diberikan makan, dapat mencerna makanan dengan baik, pengukuran indeks masa tubuh klien yang didapati normal, peningkatan nutrisi klien terpenuhi dengan mengkonsumsi makanan tinggi kalori tinggi protein.

Pengkajian status nutrisi terbukti bermanfaat untuk meningkatkan proses penyembuhan luka pasca operasi, manfaat diterapkan secara maksimal apabila dilakukan secara berkala dan bertahap

Kata Kunci: *apendiktomi*, status nutrisi, *apendisitis*, penyembuhan luka

# **CASE STUDY ASSESSMENT OF NUTRITIONAL STATUS IN POST OPERATING WOUND HEALING PROCESS APPENDICITOMY IN APPENDICITIS PATIENTS**

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## **ABSTRACK**

*Appendicitis is an emergency in the abdomen where there is inflammation due to obstruction and ischemia of the appendix and the main cause of acute inflammation in the right lower quadrant. One of the medical implementations of appendicitis, namely appendectomy surgery, postoperative physiological changes cause the sufferer to experience a decrease in nutritional status which can slow down the postoperative wound healing process, giving rise to nutritional deficit nursing problems. One thing that can be done is to assess nutritional deficits, besides being able to determine the client's nutritional status, it can also speed up the healing process of an appendectomy wound.*

*This study was conducted to present the client's nutritional status, to improve the process of wound healing with nausea after appendectomy surgery.*

*This study used the nursing care method, including assessment, formulating nursing diagnoses, interventions, implementation and evaluation which were carried out for 3 days in the Anggrek BLUD room at RSU Banjar City. Enforcement of nursing diagnoses refers to the Indonesian Nursing Diagnosis Standards (IDHS). Indonesian Nursing Intervention Standards (SIKI), Indonesian Nursing Outcome Standards (SLKI), and nursing evaluations are documented using the SOAPIER method.*

*Nutrition Deficit nursing diagnosis related to Postoperative Nausea with diagnosis number D.0019, nutritional status assessment for 3 days was carried out on the healing of the surgical wound, the problem of nutritional deficits was resolved for the client which was characterized by a loss of feeling of nausea when given food, being able to digest food properly, measurement of the client's body mass index found to be normal, the client's nutritional improvement is fulfilled by consuming high-calorie, high-protein foods.*

*Assessment of nutritional status has proven to be useful for improving the postoperative wound healing process, the benefits are maximally applied if it is carried out periodically and in stages.*

*Keywords: appendectomy, nutritional status, appendicitis, wound healing*