

ABSTRAK

Gastroenteritis merupakan peradangan pada lambung dan usus yang ditandai dengan diare, muntah, nyeri perut, dan demam. Penyakit ini sering terjadi pada anak serta dapat menyebabkan dehidrasi dan ketidakseimbangan nutrisi akibat penurunan asupan makanan, kehilangan cairan, dan gangguan penyerapan nutrisi. Penelitian ini bertujuan mendeskripsikan penerapan asuhan keperawatan pada anak dengan gastroenteritis yang mengalami masalah ketidakseimbangan nutrisi di Ruang Anak RSUD Tgk. Chik Ditiro Sigli. Metode yang digunakan adalah deskriptif dengan pendekatan studi kasus pada satu pasien anak. Pengumpulan data dilakukan pada tanggal 18- 20 Mei 2026 dengan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi rekam medis. Asuhan keperawatan dilaksanakan selama tiga hari menggunakan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi berdasarkan SDKI, SLKI, dan SIKI. Hasil pengkajian menunjukkan pasien mengalami diare, demam, muntah, penurunan nafsu makan, dan tampak lemah. Diagnosis keperawatan meliputi ketidakseimbangan nutrisi kurang dari kebutuhan tubuh, defisit volume cairan, diare, dan hipertermia. Setelah tiga hari tindakan keperawatan, kondisi pasien membaik ditandai dengan meningkatnya nafsu makan, menurunnya frekuensi diare, membaiknya status hidrasi, dan suhu tubuh kembali normal. Meskipun demikian, masalah ketidakseimbangan nutrisi masih teratasi sebagian sehingga diperlukan pemantauan dan edukasi lanjutan kepada keluarga.

Kata Kunci: Asuhan keperawatan, gastroenteritis, ketidakseimbangan nutrisi, anak.

ABSTRACT

Gastroenteritis is an inflammation of the stomach and intestines characterized by diarrhea, vomiting, abdominal pain, and fever. This condition commonly occurs in children and may lead to dehydration and nutritional imbalance due to decreased food intake, fluid loss, and impaired nutrient absorption. This study aimed to describe the implementation of nursing care for a child with gastroenteritis experiencing nutritional imbalance in the Pediatric Ward of RSUD Tgk. Chik Ditiro Sigli. This study employed a descriptive method with a case study approach involving one pediatric patient. Data were collected from May 18 to May 20 through interviews with the family, observation, physical examination, and review of medical records. Nursing care was provided for three days following the nursing process, including assessment, nursing diagnosis, intervention, implementation, and evaluation based on the Indonesian Nursing Diagnosis Standards (SDKI), Indonesian Nursing Intervention Standards (SIKI), and Indonesian Nursing Outcome Standards (SLKI). The assessment findings showed that the patient experienced diarrhea, fever, vomiting, decreased appetite, and weakness. The nursing diagnoses included imbalanced nutrition: less than body requirements, deficient fluid volume, diarrhea, and hyperthermia. After three days of nursing care, the patient's condition improved, as evidenced by increased appetite, reduced frequency of diarrhea, improved hydration status, and normal body temperature. However, the nutritional imbalance problem was only partially resolved; therefore, continued monitoring and family education are still required.

Keywords: nursing care, gastroenteritis, nutritional imbalance, children.