

ABSTRACT

Nursing Care for Patients with Chronic Kidney Disease with Hypervolemic Nursing Problems Given 30° Angle Elevation Techniques and Ankle Pump Exercises

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Introduction: Chronic Kidney Disease (CKD) is a condition of kidney function that is progressive and irreversible, so that the body is unable to maintain the metabolism and fluid balance and electrolytes resulting in uremia. In CKD there is a decrease in renal function, so the kidney loses the ability to maintain volume and composition of body fluids characterized by excess fluid and sodium in the interstitial called hypervolemia. Objectives of the research to find out the nursing foster care in CKD patients with hypervolemia nursery problems given intervention 30° angle lifting technique and ankle pump exercise.

Methods: This scientific work uses the type of descriptive search with the sensitivity of case studies, carried out on 01-03 April 2024. The number of research subjects of one person with criteria of inclusion of stage 5 CKD patients who have routine hemodialysis and have edema.

Results: As a result of the examination of the patient complaining of both legs heavy and difficult to move and shortness of breath, there was a degree +2 edema. With the problem of nursing hypervolemia and the administration of intervention management hypervolema as well as position adjustment using a combination therapy 30° elevation and ankle pump exercise. resulted in a decrease in the degree of edema in patients who were initially +2 to +1.

Conclusion: The 30-degree elevation and ankle pump exercise can reduce the patient's edema by utilizing the gravity and higher position of the heart so that smoothing the return blood flow as well as muscle exercises can make excess interstitial fluid enter the intracellular

Keywords : *Chronic Kidney Disease (CKD), hypervolemia , edema, elevation legs 30°, ankle pump exercise*