

Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada Ibu S (63 tahun) dengan masalah konstipasi di Wisma Dahlia Panti Sasana Tresna Werdha Budi Mulia 1 Cipayung = Analysis of clinical nursing practice of urban health among Mrs S (63 years old) with constipation problem at Wisma Dahlia Panti Sasana Tresna Werdha Budi Mulia 1 Cipayung

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Abstrak

[ABSTRAK

Karya Ilmiah ini bertujuan untuk mengetahui gambaran analisis intervensi pada asuhan keperawatan yang diberikan pada Ibu S (63 tahun) dengan masalah konstipasi di wisma Dahlia Panti Sasana Tresna Werdha (PSTW) Budi Mulia 1 Cipayung. Konstipasi yang dialami oleh lansia disebabkan oleh kurang aktivitas, penggunaan obat dan kurangnya asupan cairan dan serat. Gerakan mengayuh sepeda adalah salah satu latihan yang dapat meningkatkan kekuatan otot panggul dan abdomen sehingga dapat menstimulasi peristaltik usus dan dapat mencegah konstipasi. Oleh karena itu latihan ini dapat diberikan sebagai salah satu intervensi dalam penerapan asuhan keperawatan pada lansia dengan masalah konstipasi.

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ABSTRACT

This paper aimed to describe the analysis of interventions on nursing care given to Mrs.S (63 years old) with constipation problem at Wisma Dahlia Panti Sasana Tresna Werdha (PSTW) Budi Mulia 1 Cipayung. Constipation in elderly usually caused by lack of activity, drug use and lack of fluid and fiber intake. Bicycle pedaling motion is one exercise that can increase the strength of the pelvic and abdominal muscles so that it can stimulate intestinal peristalsis and prevent constipation. Therefore, this exercise can be given as one of the interventions in application of nursing care for elderly with constipation problems.;This paper aimed to describe the analysis of interventions on nursing care given to

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