

# Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada Ibu M (73 tahun) dengan masalah inkontinensia urin di Wisma Bougenville Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung = Clinical practice analysis of urban problem health nursing in Mrs M with incontinence urine at PSTW Budi Mulia 1 Cipayung

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## Abstrak

[ Nama Kartika Ayu Setyani Program Studi Profesi Keperawatan Judul Analisis Praktik Klinik Keperawatan Kesehatan Masyarakat Perkotaan Pada Ibu M 73 Tahun dengan Masalah Inkontinensia Urin di Wisma Bougenville Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung Inkontinensia urin merupakan salah satu masalah lansia dipertanian karena banyak lansia di panti yang mengalaminya Salah satu cara untuk mengatasinya yaitu dengan melakukan latihan kegel Penulisan ini bertujuan untuk memaparkan hasil asuhan keperawatan pada Ibu M di wisma Bougenville PSTW Budi Mulya 1 Cipayung Hasil yang didapatkan menunjukkan bahwa klien mengalami penurunan nilai SSI dari kategori inkontinensia berat menjadi ringan setelah dilakukan latihan kegel selama satu bulan Latihan kegel ini dapat menguatkan otot ndash otot dasar panggul sehingga mencegah keluarnya urin secara tidak sadar Hasil yang memuaskan dapat diperoleh jika lansia memiliki komitmen yang baik dalam melakukan latihan kegel secara rutin Kata kunci inkontinensia urin lansia latihan kegel ;ABSTRACT Name Kartika Ayu Setyani Study Program Profesional of Nursing Title Clinical Practice Analysis of Urban Problem Health Nursing in Mrs M with Incontinence urine at PSTW Budi Mulia 1 Cipayung Urinary incontinence is a problem for urban elderly because many elderly in nursing home have it One way to solve that is by doing Kegrel exercises The aims of this paper was to describe the result of nursing care plan to Mrs M at wisma Bougenville PSTW Budi Mulya 1 Cipayung The results show reduction of SSI form from severe to slight category incontinence after Kegrel exercises for a month Kegrel exercises can strengthen pelvic floor muscles thus preventing urine unconsciously Satisfactory results can be obtained if the elderly have a good commitment to doing Kegrel regularly Keywords elderly incontinence of urine kegrel exercise ;ABSTRACT Name Kartika Ayu Setyani Study Program Profesional of Nursing Title Clinical Practice Analysis of Urban Problem Health Nursing in Mrs M with Incontinence urine at PSTW Budi Mulia 1 Cipayung Urinary incontinence is a problem for urban elderly because many elderly in nursing home have it One way to solve that is by doing Kegrel exercises The aims of this paper was to describe the result of nursing care plan to Mrs M at wisma Bougenville PSTW Budi Mulya 1 Cipayung The results show reduction of SSI form from severe to slight category incontinence after Kegrel exercises for a month Kegrel exercises can strengthen pelvic floor muscles thus preventing urine unconsciously Satisfactory results can be obtained if the elderly have a good commitment to doing Kegrel regularly Keywords elderly incontinence of urine kegrel exercise , ABSTRACT Name Kartika Ayu Setyani Study Program Profesional of Nursing Title Clinical Practice Analysis of Urban Problem Health Nursing in Mrs M with Incontinence urine at PSTW Budi Mulia 1 Cipayung Urinary incontinence is a problem for urban elderly because many elderly in nursing home have it One way to solve that is by doing Kegrel exercises The aims of this paper was to describe the result of nursing care plan to Mrs M at wisma Bougenville PSTW Budi Mulya 1 Cipayung The results show reduction of SSI form from severe to slight category incontinence after Kegrel exercises for a

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