

Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada nenek k 73 tahun dengan masalah malnutrisi di wisma anggrek sasana tresna werdha Budi Mulia 1 DKI Jakarta = Analysis of clinical nursing practice of urban public health in nenek k 73 years with malnutrition at wisma anggrek sasana tresna werdha Budi Mulia 1 DKI Jakarta

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Abstrak

[ABSTRAK
 Lansia yang tinggal di perkotaan lebih banyak dibandingkan lansia yang tinggal di pedesaan Peningkatan usia harapan hidup dan peningkatan jumlah lansia yang tinggal di perkotaan memicu timbulnya masalah kesehatan perkotaan khususnya populasi yang rentan yaitu lansia Karya ilmiah ini bertujuan untuk menganalisis hasil praktik klinik pada nenek K 73 tahun dengan masalah malnutrisi menggunakan intervensi oral hygiene Praktik klinik dilakukan di STW 1 Ciracas selama tujuh minggu dengan melakukan intervensi oral hygiene pada 4 lansia dengan malnutrisi Hasil pengkajian status nutrisi pada klien kelolaan menggunakan MNA didapatkan hasil 14 5 dan pengukuran tinggi badan 154 cm dan berat badan 30 kg hasil penilaian IMT 12 65 yang berarti mengalami malnutrisi Intervensi oral hygiene yang dilakukan dengan memfasilitasi klien untuk menggosok gigi menggunakan sikat dan pasta gigi dengan gerakan vertikal secara lembut dan menggunakan obat kumur selama dua kali sehari Hasil intervensi keperawatan dengan melakukan oral hygiene kepada klien yang malnutrisi selama lima minggu yaitu tidak tercium bau mulut mukosa mulut lembab saliva bertambah peningkatan selera makan dan peningkatan berat badan 1 kg Care giver diharapkan melakukan oral hygiene dua kali sehari untuk meningkatkan status nutrisi pada lansia di sasana Kata kunci lansia oral hygiene malnutrisi STW ABSTRACT
 Elderly who live in more urban areas compared to the elderly who live in rural areas Increased life expectancy and the increasing number of elderly people living in urban areas lead to urban health problems particularly vulnerable population that is elderly This scientific work aimed to analyze the results of clinical practice in Nenek K 73 years old with problems of malnutrition using oral hygiene interventions Clinical practice carried out in STW 1 Ciracas for seven weeks with oral hygiene interventions in four elderly people with malnutrition Results of the assessment of nutritional status on the managed client using the MNA showed 14 5 and height measurement 154 cm and weight 30 kg assessment 12 65 IMT meaning malnourished Oral hygiene interventions undertaken by facilitating clients to brush their teeth using a toothbrush and toothpaste with vertical movement gently and use a mouthwash for two times a day The results of nursing interventions by performing oral hygiene to clients who are malnourished during the five weeks that do not smell bad breath oral mucosa moist saliva increased increased appetite and weight gain of 1 kg Care giver is expected to perform twice daily oral hygiene to improve the nutritional status of the elderly in the Sasana Key words elderly oral hygiene malnutrition STW ;Elderly who live in more urban areas compared to the elderly who live in rural areas Increased life expectancy and the increasing number of elderly people living in urban areas lead to urban health problems particularly vulnerable population that is elderly This scientific work aimed to analyze the results of clinical practice in Nenek K 73 years old with problems of malnutrition using oral hygiene interventions Clinical practice carried out in STW 1 Ciracas for seven weeks with oral hygiene

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