

## Edukasi diet dan cairan pada pasien dengan batu cetak ginjal sebagai upaya pencegahan kekambuhan = Diet and fluid education for patients with staghorn stones as recurrence prevention effort

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### Abstrak

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Batu ginjal merupakan penyakit urologi yang banyak ditemukan di wilayah perkotaan. Diet yang tidak sehat dan kurangnya asupan cairan merupakan penyebab terbentuknya batu ginjal. Berulangnya penyakit sering terjadi pada klien batu ginjal. Intervensi keperawatan berupa edukasi diet dan cairan perlu diberikan kepada klien dengan batu ginjal. Hal ini dilakukan untuk mencegah kekambuhan yang sering terjadi pada klien dengan batu ginjal karena ketidakpatuhan terhadap pola diet dan asupan cairan setelah dilakukan pengangkatan batu. Rekomendasi dari tulisan ini adalah pemberian edukasi khususnya terkait diet dan cairan dengan menggunakan media edukasi dan prosedur yang jelas dapat dijadikan intervensi rutin di rumah sakit untuk klien dengan batu ginjal untuk mencegah kekambuhan.

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<b>ABSTRACT</b><br>

Kidney stones are urologic diseases commonly found in urban areas. Unhealthy diets and lack of fluid intake are the cause of kidney stones formation. Recurrence of the disease is common in clients with kidney stones. Nursing interventions such as diet and fluid intake education should be given to clients with kidney stones. This is done to prevent a recurrence that often occurs in clients with kidney stones because of poor adherence to diet and fluid intake after the removal of the stone. This paper recommend to provide education, especially related to diet and fluid by using educational media and a clear procedure can be used as a routine intervention in the hospital for clients with kidney stones to prevent

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