

**PROGRAM STUDI PROFESI NERS
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Penerapan *Sipping Ice Cube Therapy* Untuk Mengatasi Rasa Haus Di Ruangan Hemodialisa Rsud Arifin Achmad Provinsi Riau

xi + 28 Halaman+ 2 Tabel + 2 skema + 7 Lampiran

ABSTRAK

Penyakit ginjal kronik atau dikenal dengan *Chronic Kidney Disease* (CKD) merupakan suatu keadaan dimana ginjal mengalami kerusakan yang terjadi lebih dari 3 bulan secara *progresif* dan *irreversible* sehingga ginjal gagal dalam menjalankan fungsinya. Salah satu tatalaksananya pengganti fungsi ginjal yaitu HD pasien yang mengalami HD dibatasi cairan untuk mencegah kelebihan cairan. Konsekuensi ini adalah keluhan rasa haus dan mulut kering, sehingga cairan nya harus di batasi. Diperlukan suatu intervensi untuk mengatasi permasalahan tersebut untuk mengaplikasikan terapi. Tujuan nya penerapan *sipping ice cube therapy* untuk mengatasi masalah hypervolemia. Asuhan keperawatann dilaksanakan di ruangan hemodialisa RSUD Arifin Achmad Provinsi Riau. Jumlah responden 2 orang. Penerapan *sipping ice cube therapy* dilakukan selama 4 hari berturut-turut diberikan *ice cube* terapi sebanyak 10 balok masing-masing balok 5ml. Pengkajian skala haus dilakukan pre-post terapi. Alat ukur yang digunakan untuk mengukur tingkathaus adalah VAS (*visual analogue scale*). Selama penulis melakukan asuhan keperawatan dengan penerapan *sipping ice cube therapy*. Terdapat perubahan rasa haus pada pasien 1 perubahan rasa haus dari skala haus 7 (berat) menjadi 3 (ringan), dan pada pasien 2 perubahan rasa haus kategori haus skala 7 (berat) menjadi kategori 2 (ringan) berdasarkan hal tersebut dapat di simpulkan penerapan *sipping ice cube therapy* dapat dijadikan sebagai salah satu intervensi nonfarmakologi dalam mengatasi masalah hipervolemia

Kata kunci : Gagal Ginjal Kronis, Hemodialisa, Rasa Haus, *Sipping Ice Cube Therapy*

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**NURSING PROGRAM STUDY
FACULTY OF NURSING
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Application of Sipping Ice Cube Therapy to Overcome Hypervolemia in the Hemodialysis Room of Arifin Achmad Hospital, Riau Province

xii + 28 pages+2 Table+ 2 schemes+ 7 Attachment

ABSTRACT

Chronic kidney disease or known as Chronic Kidney Disease (CKD) is a condition in which the kidneys experience damage that occurs for more than 3 months progressively and irreversibly so that the kidneys fail to carry out their functions. One of the procedures for replacing kidney function is HD, patients who experience HD are restricted from fluids to prevent excess fluid. The consequence of this is complaints of thirst and dry mouth, so the fluids must be limited. An intervention is needed to overcome these problems to apply therapy. The goal is the application of sipping ice cube therapy to overcome hypervolemia problems. Nursing care is carried out in the hemodialysis room of Arifin Achmad Hospital, Riau Province. The number of respondents was 2 people. The application of sipping ice cube therapy was carried out for 4 consecutive days, 10 blocks of ice cube therapy were given 5ml each. The assessment of the wear scale is carried out pre-post therapy. The measuring tool used to measure the level of wear is the VAS (visual analogue scale). As long as the author is carrying out nursing care with the application of sipping ice cube therapy. There was a change in thirst in patient 1 from a thirst scale of 6 (moderate) to 3 (mild), and in patient 2 a change in thirst in the moderate category (scale 5) to a mild category based on this, it can be concluded that the application of sipping ice cube therapy can be used as one of the non-pharmacological interventions in overcoming hypervolemia problem

Keywords : Chronic Kidney Failure, Hemodialysis, Thirst, Sipping Ice Cube Therapy
Reference : 20 (2014-2023)