

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
IKES PAYUNG NEGERI PEKANBARU**

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Penerapan *Ankle Pump Exercise* Dengan Elevasi 30⁰ Untuk Mengatasi Edema
Pasien CKD Di Ruang Kenanga RSUD Arifin Achmad Provinsi Riau.

Xii + 49 Halaman + 6 Tabel + 1 Gambar + 6 Lampiran

ABSTRAK

Chronic Kidney Disease (CKD) sering menyebabkan hipervolemia yang memicu penumpukan cairan dan edema. Untuk mengurangi edema perifer, dapat dilakukan terapi *Ankle Pump Exercise* dan elevasi kaki 30 derajat. Tujuan studi ini adalah mengetahui gambaran asuhan keperawatan pada pasien CKD yang diberikan penerpaan *Ankle Pump Exercise* dengan Elevasi 30⁰ dalam mengatasi edema. Studi kasus menggunakan pendekatan asuhan keperawatan, yang mengacu pada Standar Intervensi Keperawatan Indonesia dan Evidence Based Nursing Practice. Intervensi dilakukan selama 2 hari berturut dengan gerakan fleksi dan ekstensi selama 3 detik bergantian 5-10 menit dengan elevasi 30⁰ selama 30 menit. Responden pada studi ini berjumlah dua pasien CKD on HD yang dirawat mengalami edema ekstremitas bawah. Hasil studi kasus didapatkan pasien 1 mengalami penurunan dari derajat 4 menjadi derajat 3, dengan perbaikan kedalaman dan waktu pengembalian sedangkan pasien 2 menunjukkan penurunan lebih signifikan dari derajat 4 menjadi derajat 2. Dengan melakukan intervensi *Ankle Pump Exercise* dan elevasi kaki 30⁰ dapat mempercepat penurunan edema serta meningkatkan sirkulasi perifer.

Kata Kunci : *ankle pump exercise* dengan elevasi 30⁰, *Chronic Kidney Disease*, Edema.

Daftar pustaka: 14 (2020-2025)

**NERS STUDY PROGRAM
FACULTY OF NURSING
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KIAN, 26 June 2025

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*Application of Ankle Pump Exercise with 30^o Elevation to Overcome Edema in
CKD Patients in the Kenanga Room, Arifin Achmad Hospital, Riau Province.*

Xii + 49 Pages + 6 Tables + 1 Picture + 6 Attacments

ABSTRACT

Chronic Kidney Disease (CKD) often causes hypervolemia which triggers fluid accumulation and edema. To reduce peripheral edema, Ankle Pump Exercise therapy and 30-degree leg elevation can be performed. The purpose of this study was to determine the description of nursing care in CKD patients who were given Ankle Pump Exercise with 30^o Elevation in overcoming edema. The case study used a nursing care approach, which refers to the Indonesian Nursing Intervention Standards and Evidence Based Nursing Practice. The intervention was carried out for 2 consecutive days with flexion and extension movements for 3 seconds alternately for 5-10 minutes with 30^o elevation for 30 minutes. The respondents in this study were two CKD on HD patients who were treated for lower extremity edema. The results of the case study showed that patient 1 experienced a decrease from grade 4 to grade 3, with improvements in depth and return time, while patient 2 showed a more significant decrease from grade 4 to grade 2. By carrying out Ankle Pump Exercise intervention and 30^o leg elevation, edema reduction can be accelerated and peripheral circulation can be improved.

Keywords :ankle pump exercise with 30^o elevation, Chronic Kidney Disease, Edema.

References :50 (2020-2025)