

ABSTRAK

PENGARUH PEMBERIAN SUSU KAMBING TERHADAP PEMULIHAN PASIEN TB PARU DI RUANG SEROJA RSUD ASIH HUSADA KOTA BANJAR

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Pendahuluan: Tuberkulosis merupakan salah satu jenis penyakit berbahaya, dibutuhkan kesadaran dan pemahaman masyarakat dengan baik mengenai penyakit ini. Pemanfaatan susu kambing dalam program terapi pasien TB memperoleh hasil yang signifikan. Rata-rata setelah 1 bulan pemberian obat anti TB yang disertai dengan perubahan pola makan dan pemberian susu kambing 150 cc perhari tingkat kesehatan penderita mengalami perubahan **Tujuan:** Menjelaskan pengaruh pemberian susu kambing terhadap pemulihan pasien TB Paru di Ruang Seroja RSUD Asih Husada Kota Banjar. **Metode:** Penelitian ini menggunakan desain penelitian deskriptif dengan pendekatan studi kasus. **Hasil dan pembahasan:** Hasil evaluasi keperawatan selama kurang lebih 7 hari terbukti bahwa susu kambing sangat baik dalam pemulihan pasien TB Paru khususnya yang mengalami defisit nutrisi. Susu kambing merupakan salah satu makanan dengan kandungan gizi paling lengkap yang pernah ada. Isinya meliputi Vitamin A, Vitamin C, Vitamin E, protein, lemak baik, karbohidrat, serat, lemak nabati, dan energi.

Kata Kunci: TB Paru, Nutrisi, Susu Kambing.

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ABSTRACT

THE EFFECT OF GIVING GOAT'S MILK ON THE RECOVERY OF PULMONARY TUBERKULOSIS PATIENTS IN THE SEROJA ROOM ASIH HUSADA HOSPITAL BANJAR CITY

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Introduction: Tuberculosis is a type of dangerous disease, public awareness and understanding of this disease is needed. The use of goat's milk in TB patient therapy programs has obtained significant results. On average, after 1 month of administering anti-TB drugs accompanied by changes in diet and giving 150 cc of goat's milk per day, the patient's health level changes. **Objective:** To explain the effect of giving goat's milk on the recovery of pulmonary TB patients in the Seroja Room at Asih Husada Regional Hospital, Banjar City. **Method:** This research uses a descriptive research design with a case study approach. **Results and discussion:** The results of the nursing evaluation for approximately 7 days proved that goat's milk was very good in recovering pulmonary TB patients, especially those experiencing nutritional deficits. Goat's milk is one of the foods with the most complete nutritional content that exists. Its contents include Vitamin A, Vitamin C, Vitamin E, protein, good fats, carbohydrates, fiber, vegetable fats and energy

Keywords: *Pulmonary Tuberculosis, Nutrition, Goat Milk.*