

ABSTRAK

ASUHAN KEPERAWATAN NYERI AKUT PADA PASIEN POST OPERASI *APPENDIKTOMI* DI RUMAH SAKIT KAMAR MEDIKA KOTA MOJOKERTO

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Kejadian appendicitis cukup tinggi dan pasien yang datang ke rumah sakit pada kenyataannya rata-rata sudah mengalami komplikasi yaitu Perforasi a pendiks atau pecahnya lumen usus, padahal pecahnya apendiks yang sudah gangren yang menyebabkan pus masuk ke dalam rongga perut sehingga terjadi peritonitis umum . Tujuan dari asuhan keperawatan ini adalah mampu mengaplikasikan asuhan keperawatan nyeri akut pada pasien Post Operasi *Appendiktomi* di RS KamarMedika Kota Mojokerto. Metode yang digunakan dalam melakukan asuhan keperawatan adalah metode deskriptif dalam bentuk studi kasus. Partisipan yang diberikan asuhan adalah 1 orang. Dengan teknik pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Hasil dari asuhan keperawatan pengkajian data dasar ditemukan data subjektif Klien mengalami kesulitan bicara dan data objektif yang menunjukkan Klien mengalami nyeri akut berhubungan dengan agen pencederafisik (pembedahan). Rencana asuhan sesuai dengan SIKI (observasi, terapeutik, edukasi, dan kolaborasi). Implementasi dilakukan sesuai dengan intervensi yang telah disusun. Intervensi yang dilakukan peneliti paling efektif adalah mengajarkan Teknik relaksasi genggam jari dan pemberian obat analgesik. Hasil evaluasi masalah teratasi pada hari ketiga karena Klien sudah tidak mengeluh nyeri, tidak meringis, tidak gelisah, mengalami penurunan nyeri , gejala sulit tidur sudah tidak dirasakan, Klien dapat mengontrol nyeri. Relaksasi genggam jari menurunkan nyeri dengan menghasilkan impuls yang dikirim melalui serabut saraf aferen non-nosiseptor pada kortek serebri dihambat atau dikurangi akibat counterstimulasi relaksasi dan mengenggam jari sehingga intensitas nyeri akan menurun. Perawat diharapkan untuk melakukan asuhan keperawatan dengan mengoptimalkan cara mengatasi nyeri dengan melakukan teknik relaksasi genggam jari secara teratur pada pasien appendiktomi disaat nyeri sedang berlangsung.

Kata Kunci: nyeri akut , Post operasi, *Appendiktomi*

ABSTRACT

NURSING CARE OF ACUTE PAIN IN POST APPENDICTOMIC PATIENTS IN MEDICAL HOSPITALS MOJOKERTO CITY

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The incidence of appendicitis is quite high and patients who come to the hospital on average have experienced complications, namely perforation of the appendix or rupture of the intestinal lumen, even though the rupture of the appendix is already gangrenous which causes pus to enter the abdominal cavity resulting in generalized peritonitis. The purpose of this nursing care is to be able to apply acute pain nursing care to Post appendectomy patients at the Mojokerto City Medika Hospital. The method used in conducting nursing care is a descriptive method in the form of a case study. Participants who are given care are 1 person. With data collection techniques include interviews, observation, physical examination, and study documentation. The results of the nursing care assessment of the basic data found that the client's subjective data had difficulty speaking and objective data that showed the client was experiencing acute pain associated with a physical injury agent (surgery). The plan of care is in accordance with SIKI (observation, therapeutic, education, and collaboration). Implementation is carried out in accordance with the interventions that have been prepared. The most effective intervention carried out by researchers was teaching finger grip relaxation techniques and administering analgesic drugs. The results of the evaluation of the problem were resolved on the third day because the client had not complained of pain, did not wince, was not restless, experienced a decrease in pain, the symptoms of difficulty sleeping were not felt, the client could control the pain. Finger grip relaxation reduces pain by generating impulses sent through non-nociceptive afferent nerve fibers in the cerebral cortex which are inhibited or reduced due to counter stimulation of relaxation and finger gripping so that the intensity of pain will decrease. Nurses are expected to carry out nursing care by optimizing how to deal with pain by doing finger grip relaxation techniques on a regular basis in appendectomy patients when pain is ongoing.

Keywords: acute pain, Post operative, appendectomy