

ABSTRAK

ASUHAN KEPERAWATAN NYERI AKUT PADA PASIEN POST OP ORIF (*Open Reduction and Internal Fixation*) FRAKTUR EKSTREMITAS BAWAH DI RSU ANWAR MEDIKA

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Prosedur tindakan operasi fraktur dengan membuat sayatan dengan sengaja sehingga menimbulkan rasa nyeri. Mayoritas pasien yang menjalani operasi akan mengalami nyeri, hampir 20% pasien mengeluh nyeri angka tersebut tidak kunjung menurun selama 30 tahun terakhir. Pemberian insisi secara sengaja menyebabkan kerusakan jaringan sehingga memicu timbul mediator inflamasi, mediator tersebut dikirim ke otak mediator tersebut akan ditangkap oleh otak sehingga memberikan respon/persepsi pasien mengeluh nyeri. Dengan tujuan memberikan gambaran asuhan keperawatan pada pasien post op ORIF dengan masalah nyeri akut. Desain penelitian deskriptif dengan pendekatan studi kasus. Partisipan adalah salah satu pasien post op ORIF ekstremitas bawah dengan masalah nyeri akut. Pengumpulan data penelitian melalui wawancara, observasi, studi dokumentasi dan literatur. Setelah pengumpulan data, dilakukan analisis data jadi ambil kesimpulan. Pada Ny. N memiliki keluhan utama nyeri pada Klien mengatakan nyeri pada luka post op objektif klien tampak sering meringis, klien tampak gelisah saat gelisah klien sering menggerakkan ekstremitas atas, klien sering menutupi wajahnya dengan ekstremitas atas. Sedangkan Ny. E didapatkan keluhan utama klien mengatakan nyeri luka post op, klien tampak sering meringis, klien tampak gelisah. Ditemukan diagnosa keperawatan nyeri akut berhubungan dengan agen pencedera fisik (tindakan operasi). Dilakukan tindakan keperawatan selama 3x24jam tindakan utama yaitu teknik relaksasi nafas sehingga evaluasi pada hari ketiga masalah teratasi. Berdasarkan penelitian diatas diharapkan klien untuk memonitor nyeri secara mandiri dan menggunakan teknik relaksasi nafas dalam ketika nyeri muncul dalam diharapkan tingkat nyeri menurun.

KATA KUNCI: NYERI AKUT, POST OP ORIF

ABSTRACT

NURSING CARE OF ACUTE PAIN POST OP ORIF (Open Reduction and Internal Fixation) PATIENS LOWER EXTREMITY FRACTURE AT ANWAR MEDIKA

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Fracture surgery procedure by making an incision intention causing pain. The majority of patients undergoing surgery will experience pain, almost 20% of patients complain of pain, this figure has not decreased over the last 30 years. Intentional incisions cause tissue damage, thereby triggering the emergence of inflammatory mediators. These mediators are sent to the brain. These mediators will be captured by the brain, giving the patient a response/perception complaining of pain. With the aim of providing an overview of nursing care in post op ORIF patients with acute pain problems. Descriptive research design with a case study approach. The participant is a post op ORIF lower extremity patient with acute pain problems. Collecting research data through interviews, observation, documentation and literature studies. After data collection, data analysis is carried out so draw conclusions. To Mrs. N has a main complaint of pain. The client says pain in the objective post-op wound. The client appears to frequently grimace, the client appears restless when anxious. The client often moves his upper extremities, the client often covers his face with his upper extremities. While Mrs. E, the client's main complaint is post-op wound pain, the client often grimaces, the client looks restless. It was found that nursing diagnoses of acute pain were related to physical injury agents (operative actions). Nursing actions were carried out for 3x24 hours, the main action was breathing relaxation techniques so that the evaluation on the third day of the problem was resolved. Based on the research above, it is hoped that clients will monitor pain independently and use deep breathing relaxation techniques when pain appears in the hope that the pain level will decrease.

KEYWORDS: ACUTE PAIN, POST OP ORIF