

ABSTRAK

Nama Mahasiswa : SRI AYUN SISWATI
Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Pada Pasien Post Operasi *Spondylolisthesis lumbal* Dengan Nyeri Akut Melalui Penerapan Relaksasi Genggam jari Di RSPAL dr. Ramelan Surabaya
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Pasien dengan *spondylolisthesis* terutama mengalami nyeri pinggang akibat spasme dan nyeri hamstring. Pembedahan harus dipertimbangkan jika kondisi klinis tidak berubah selama 3 bulan atau jika terdapat komplikasi parah, misalnya radikulopati lumbal atau sindrom *cauda equine*. Tujuan asuhan keperawatan ini adalah mampu menerapkan asuhan keperawatan nyeri akut pada pasien post operasi *spondylolisthesis lumbal* di RSPAL dr. Ramelan Surabaya. Penelitian ini adalah penelitian studi kasus dengan partisipan sebanyak 3 pasien. Asuhan keperawatan dilakukan selama 3 hari. Hasil asesmen data dasar asuhan keperawatan didapatkan data subyektif klien mengatakan nyeri dan data obyektif menunjukkan kedua klien mengalami nyeri akut berhubungan dengan agen cedera fisik. Rencana asuhan sesuai dengan apa yang diimplementasikan dalam asuhan keperawatan ini. Intervensi yang diberikan mengakibatkan klien 1 dan 2 setelah dilakukan intervensi selama 3x 24 jam masalah nyeri akut teratasi, karena klien sudah mengalami penurunan nyeri, nadi, tekanan darah dan pernafasan sudah kembali normal, sudah mampu melakukan manajemen nyeri non farmakologi, hanya postur tubuh yang masih protektif. Tidak ada perbedaan hasil evaluasi ketiga klien, relaksasi genggam jari dapat menurunkan nyeri Post Operasi *Spondylolisthesis lumbal*. Relaksasi genggam jari mampu menurunkan nyeri melalui stimulasi saraf parasimpatis sehingga terjadi vasodilatasi dan stimulasi hormone endorfin dan enkefalin yang memberikan efek rileks dan nyaman sehingga menghambat nosiseptor nyeri.

Kata kunci: pembedahan, nyeri akut, relaksasi genggam jari

ABSTRACT

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Title : Nursing Care of Acute Pain in Patients with Post Operasi
Spondylolisthesis lumbal Extremity Fractures in RS Kamar
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Patients with spondylolisthesis primarily experience low back pain due to spasm and hamstring pain. Surgery should be considered if the clinical condition has not changed for 3 months or if there are severe complications, such as lumbar radiculopathy or cauda equine syndrome. The aim of this nursing care is to be able to apply acute pain nursing care to post lumbar spondylolisthesis surgery patients at RSPAL dr. Ramelan Surabaya. This research is a case study research with 3 patients as participants. Nursing care was carried out for 3 days. The results of the assessment of basic nursing care data showed that the client's subjective data indicated pain and objective data showed that both clients experienced acute pain related to physical injury agents. The care plan is in accordance with what is implemented in this nursing care. The intervention given resulted in clients 1 and 2 after the intervention was carried out for 3 x 24 hours, the acute pain problem was resolved, because the client had experienced a decrease in pain, pulse, blood pressure and breathing had returned to normal, was able to carry out non-pharmacological pain management, only the body posture was still protective. There is no difference in the evaluation results of the three clients, finger grip relaxation can reduce post-operative pain for lumbar spondylolisthesis. Finger grip relaxation can reduce pain through stimulation of the parasympathetic nerves resulting in vasodilation and stimulation of endorphin and enkephalin hormones which provide a relaxing and comfortable effect thereby inhibiting pain nociceptors.

Keywords: fracture, acute pain, deep breathing relaxation