

ABSTRAK

Kinasih, A. 2024. Analisis Asuhan Keperawatan Dengan Nyeri Akut Pada Pasien Post Op Kista Ovarium Menggunakan Penerapan Teknik Relaksasi Benson. **Karya Ilmiah Akhir Ners. Program Studi Pendidikan Ners Universitas Bina Sehat PPNI Mojokerto. Pembimbing: (1) Catur Prasastia L.D.,S.Kep.,Ns.,M.Kes.**

Latar Belakang: Kista ovarium merupakan suatu benjolan yang dapat membesar diovarium. Benjolan tersebut seperti balon berisi cairan.

Tujuan: Mahasiswa mampu menganalisis asuhan keperawatan dengan nyeri akut pada pasien post op kista ovarium menggunakan penerapan teknik relaksasi benson.

Metode: Pendekatan yang digunakan dalam penelitian ini adalah studi kasus dengan menggunakan jenis penelitian deskriptif kualitatif dan kuantitatif. Pengumpulan data berdasarkan wawancara, observasi dan dokumentasi sesuai dengan format asuhan keperawatan.

Hasil: Hasil pengkajian yang didapatkan pada kedua pasien Ny.S dan Ny.N merupakan pasien kelolaan penulis selama 3 hari. Salah satu masalah keperawatan pada kedua pasien adalah nyeri akut, ditandai dengan: nyeri perut karena luka post operasi, seperti ditusuk-tusuk dan dirasa hilang timbul pada perut daerah luka operasi dengan skor NRS 4 untuk Ny.S dan NRS 5 untuk Ny.N. Tampak Ny.S dan Ny.N meringis pasca operasi kista ovarium. Nyeri akut yang timbul pada kedua pasien akibat cedera jaringan pada tubuh dan aktivasi rangsangan nosiseptif terhadap kerusakan jaringan lokal. Nyeri akut berdurasi pendek dan cenderung sembuh ketika proses patologis telah teratasi. Evaluasi setelah dilakukan intervensi manajemen nyeri nonfarmakologis dengan teknik relaksasi benson pada pasien 1, setelah dilakukan tindakan keperawatan selama 3x24 jam yaitu pada hari ketiga pasien mengatakan nyerinya berkurang dan menjadi lebih ringan hingga ke skala 1, data obyektif pasien sudah tidak meringis dan nampak rileks, masalah nyeri akut teratasi, tetap pertahankan intervensi terapi relaksasi benson secara mandiri. Pada pasien ke 2, setelah dilakukan tindakan keperawatan selama 3x24 jam yaitu pada hari ke tiga didapatkan data subyektif pasien mengatakan nyeri berkurang ke skala 2, data obyektif pasien nampak lebih rileks, masalah nyeri akut teratasi,tetap pertahankan intervensi terapi relaksasi benson secara mandiri. Terjadi perbedaan antara kasus 1 dan kasus 2 pada perbaikan kondisi pasien selama waktu perawatan di rumah sakit. Pada kasus 1 di hari ketiga skala nyeri pasien sudah sampai ke skala nyeri 1 sedangkan pada kasus 2 masih di skala nyeri 2.

Kesimpulan: 2 pasien dengan diagnosa keperawatan nyeri akut telah teratasi sesuai dengan kriteria hasil.

Saran: Peneliti selanjutnya diharapkan dapat menambahkan waktu penelitian dan melakukan asuhan keperawatan pada keluarga yang mempunyai masalah nyeri post op kista ovarium.

Kata Kunci : Asuhan Keperawatan, Nyeri Akut, Post Op Kista Ovarium, Teknik Relaksasi Benson.

ABSTRACT

Kinasih, A. 2024. Analysis of Nursing Care for Acute Pain in Post-Op Ovarian Cyst Patients Using the Application of the Benson Relaxation Technique. Ners Final Scientific Work. Nursing Education Study Program, Bina Sehat University, PPNI Mojokerto. Supervisor: (1) Catur Prasastia L.D., S.Kep., Ns., M.Kes.

Background: An ovarian cyst is a lump that can enlarge in the ovary. The lump is like a balloon filled with fluid.

Objective: Students are able to analyze nursing care for acute pain in post-op ovarian cyst patients using the application of the Benson relaxation technique.

Method: The approach used in this research is a case study using qualitative and quantitative descriptive research. Data collection is based on interviews, observation and documentation in accordance with the nursing care format.

Results: The results of the assessment obtained for the two patients Mrs. S and Mrs. N were patients managed by the author for 3 days. One of the nursing problems in both patients was acute pain, characterized by: abdominal pain due to post-operative wounds, such as being pricked and felt like it was coming and going in the stomach area of the surgical wound with an NRS score of 4 for Mrs. S and NRS 5 for Mrs. N. Mrs. S and Mrs. N were seen grimacing after ovarian cyst surgery. The acute pain that occurred in both patients was due to tissue injury to the body and activation of nociceptive stimuli resulting in local tissue damage. Acute pain is of short duration and tends to resolve when the pathological process has resolved. Evaluation after carrying out non-pharmacological pain management intervention with the Benson relaxation technique on patient 1, after carrying out nursing actions for 3x24 hours, namely on the third day the patient said the pain had decreased and became lighter up to scale 1, objective data the patient no longer grimaced and looked relaxed, the problem If the acute pain is resolved, continue to maintain the Benson relaxation therapy intervention independently. In the second patient, after carrying out nursing actions for 3 x 24 hours, namely on the third day, the patient's subjective data showed that the pain had reduced to scale 2, objective data the patient appeared more relaxed, the acute pain problem was resolved, continue to maintain the Benson relaxation therapy intervention independently. There was a difference between case 1 and case 2 in the improvement of the patient's condition during the time of hospital treatment. In case 1, on the third day the patient's pain scale had reached pain scale 1, while in case 2 it was still at pain scale 2.

Conclusion: 2 patients with nursing diagnoses of acute pain were resolved according to the outcome criteria.

Suggestion: Future researchers are expected to be able to increase research time and provide nursing care for families who have post-op pain problems with ovarian cysts.

Keywords: Nursing Care, Acute Pain, Post Op Ovarian Cyst, Benson Relaxation Technique.