

ABSTRAK

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Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Pada Pasien Post Op Close Fraktur Radius Dextra Dengan Masalah Keperawatan Nyeri Akut Melalui Penerapan Terapi Benson di RSUD Bangil Pasuruan
Pembimbing : Ns. Binarti Dwi, S. Kep., M. Kes

Fraktur merupakan kondisi terputusnya kontinuitas tulang yang sering disertai nyeri, terutama pada pasien post operasi. Nyeri post operasi dapat mengganggu kenyamanan, aktivitas, dan istirahat pasien sehingga memerlukan penanganan keperawatan yang komprehensif. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu menurunkan nyeri adalah terapi relaksasi Benson. Terapi ini bekerja melalui mekanisme relaksasi yang dapat menurunkan aktivitas sistem saraf simpatis sehingga membantu mengurangi persepsi nyeri. Tujuan studi kasus ini adalah menganalisis penerapan terapi relaksasi Benson terhadap penurunan nyeri pada pasien post operasi close fraktur radius dekstra. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek studi kasus adalah Tn. S dengan diagnosis medis close fraktur radius dekstra post operasi yang dirawat di Ruang Anggrek RSUD Bangil Pasuruan. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi rekam medis. Intervensi utama yang diberikan berupa terapi relaksasi Benson selama 2×24 jam dengan durasi ±15 menit setiap sesi serta kolaborasi pemberian analgesik sesuai program medis. Hasil studi kasus menunjukkan adanya penurunan skala nyeri dari 6/10 menjadi 3/10 setelah dilakukan intervensi selama dua hari. Selain itu, pasien tampak lebih rileks, ekspresi meringis berkurang, dan tanda vital berada dalam batas normal. Kombinasi terapi relaksasi Benson dan analgesik farmakologis memberikan hasil yang baik dalam mengontrol nyeri akut pada pasien post operasi fraktur. Kesimpulan studi kasus ini menunjukkan bahwa terapi relaksasi Benson efektif sebagai intervensi keperawatan nonfarmakologis dalam membantu menurunkan nyeri pada pasien post operasi fraktur shaft os radius dekstra.

Kata kunci: Fraktur, Nyeri Akut, Post op, Terapi Relaksasi Benson.

ABSTRAK

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Study Program : Nursing Profession
Title : Analysis of Nursing Care in Postoperative Patient with Fracture of the Right Radial Shaft with Acute Pain Nursing Problem Through the Application of Benson's Relaxation Therapy in RSUD Bangil Pasuruan
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Fracture is a condition characterized by the disruption of bone continuity and is often accompanied by pain, especially in postoperative patients. Postoperative pain can interfere with patient comfort, daily activities, and rest, thereby requiring comprehensive nursing management. One non-pharmacological intervention that can be used to reduce pain intensity is Benson Relaxation Therapy. This therapy works through a relaxation mechanism that decreases sympathetic nervous system activity and helps reduce pain perception. The purpose of this case study was to analyze the application of Benson Relaxation Therapy in reducing pain among postoperative patients with a right radius shaft fracture. The method used was a case study employing the nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject of this case study was Mr. S, diagnosed with a postoperative right radius shaft fracture and treated in the Anggrek Ward of Bangil Regional Hospital, Pasuruan. Data were collected through interviews, observations, physical examinations, and medical record documentation. The primary intervention was Benson Relaxation Therapy administered for 2×24 hours, with each session lasting approximately 15 minutes, combined with analgesic therapy according to the medical treatment plan. The results showed a decrease in pain intensity from a scale of 6/10 to 3/10 after two days of intervention. In addition, the patient appeared more relaxed, exhibited reduced facial grimacing, and maintained stable vital signs. The combination of Benson Relaxation Therapy and pharmacological analgesics provided positive outcomes in controlling acute pain in postoperative fracture patients. In conclusion, Benson Relaxation Therapy is an effective non-pharmacological nursing intervention for reducing pain in postoperative patients with a right radius shaft fracture. This intervention can be recommended as part of independent nursing care in acute pain management.

Keywords: Fracture, Acute Pain, Postoperative, Benson Relaxation Therapy.