

ABSTRAK

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Program Studi : Profesi Ners

Judul : Analisis Asuhan Keperawatan Pada Ny. S Pasca *Open Reduction And Internal Fixation* Pada Fraktur Femur Dengan Masalah Nyeri Akut Melalui Intervensi Relaksasi Benson Di Ruang Rawat Inap Cempaka RSUD Ibnu Sina Kab. Gresik

Pembimbing : Arum Dwi Ningsih, S.Kep.,Ns.,M.Kep

Penelitian ini bertujuan untuk menganalisis asuhan keperawatan pada pasien Ny. S pasca *Open Reduction and Internal Fixation* (ORIF) fraktur femur dengan masalah nyeri akut melalui intervensi relaksasi Benson di ruang rawat inap Cempaka RSUD Ibnu Sina Kabupaten Gresik. Fraktur sering menimbulkan nyeri pasca operasi akibat kerusakan jaringan, yang apabila tidak ditangani dengan baik dapat mengganggu proses penyembuhan dan kenyamanan pasien. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Hasil pengkajian awal menunjukkan pasien mengalami nyeri akut dengan skala nyeri 6 (nyeri sedang), disertai ekspresi meringis, sikap protektif, serta peningkatan tekanan darah, frekuensi nadi, dan frekuensi pernapasan. Intervensi keperawatan difokuskan pada manajemen nyeri secara komprehensif melalui penerapan teknik relaksasi Benson sebagai terapi nonfarmakologis yang dikombinasikan dengan terapi farmakologis sesuai program medis. Relaksasi Benson diberikan sebanyak dua kali sehari dengan durasi ± 15 menit. Hasil evaluasi menunjukkan adanya penurunan skala nyeri dari 6 menjadi 3 (nyeri ringan), penurunan keluhan nyeri, berkurangnya ekspresi meringis, serta perbaikan tanda-tanda vital. Pasien juga tampak lebih rileks dan nyaman. Secara fisiologis, relaksasi Benson bekerja melalui mekanisme *blockade gate control* dengan merangsang sistem saraf non-nosiseptif sehingga menghambat transmisi impuls nyeri ke otak dan meningkatkan ambang batas nyeri. Kombinasi intervensi nonfarmakologis dan farmakologis memberikan hasil optimal dalam manajemen nyeri serta meningkatkan kenyamanan pasien.

Kata Kunci : Fraktur femur, ORIF, Nyeri Akut, Relaksasi Benson

ABSTRACT

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Tittle : Analysis of Nursing Care for Mrs. S After Open Reduction and Internal Fixation in Femur Fractures with Acute Pain Problems Through Benson Relaxation Intervention in the Cempaka Inpatient Room, RSUD Ibnu Sina, Kab. Gresik
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This study aims to analyze nursing care in a patient, Mrs. S, after Open Reduction and Internal Fixation (ORIF) for a femur fracture with the nursing problem of acute pain through Benson relaxation intervention in the Cempaka inpatient ward at RSUD Ibnu Sina, Gresik. Fractures often result in postoperative pain due to tissue injury, which, if not properly managed, can interfere with recovery and patient comfort. This study employed a case study method using the nursing process approach, including assessment, diagnosis, planning, implementation, and evaluation. Initial assessment revealed that the patient experienced acute pain with a pain scale of 6 (moderate pain), accompanied by grimacing, protective behavior, increased blood pressure, and elevated pulse and respiratory rate. Nursing interventions focused on comprehensive pain management, including Benson relaxation techniques as a non-pharmacological approach, combined with pharmacological therapy such as analgesics and antibiotics as prescribed. Benson relaxation was administered twice daily for approximately 15 minutes. The results showed a decrease in pain intensity from a scale of 6 to 3 (mild pain), along with reduced pain complaints, decreased facial grimacing, and improvement in vital signs. The patient also appeared more relaxed and reported increased comfort. Physiologically, Benson's relaxation works through a gate control blockade mechanism by stimulating the non-nociceptive nervous system, thereby inhibiting the transmission of pain impulses to the brain and increasing the pain threshold. The combination of non-pharmacological and pharmacological interventions contributes to optimal pain management and improved patient outcomes.

Kata Kunci : Femur Fracture, ORIF, Acute Pain, Benson Relaxation