

ABSTRAK

Nama : Nyoto Sulistyaningsih

NIM : 202573005

Program Studi : Profesi Ners

Judul KIAN : Analisis Asuhan Keperawatan pada Pasien STEMI dengan Nyeri Akut melalui Penerapan Terapi *Deep Breathing Exercise* di Ruang ICU Rs Gatoel Mojokerto

Nama Pembimbing : Sri Sudarsih, S.Kp., M.Kes

Nyeri pada pasien STEMI merupakan masalah keperawatan utama yang harus segera ditangani karena dapat meningkatkan aktivitas saraf simpatis, meningkatkan kebutuhan oksigen miokard, memperberat kerja jantung, serta meningkatkan risiko komplikasi. Karya Ilmiah Akhir Ners ini bertujuan melakukan asuhan keperawatan dan menganalisis penerapan terapi *Deep Breathing Exercise* pada pasien STEMI di Ruang ICU RS Gatoel Mojokerto. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan meliputi pengkajian berupa data subyektif : Pasien mengatakan nyeri dada kiri tembus hingga ke belakang, nyeri timbul secara tiba-tiba pada area dada kiri tembus kebelakang menjalar hingga ke pundak kiri, terasa terbakar, skala nyeri 6, hilang timbul $\pm 4-7$ menit. Data objektif menunjukkan tampak pasien memegang bagian dada kiri saat nyeri timbul, berkeringat banyak saat nyeri timbul, meringis kesakitan saat nyeri timbul, Pola nafas cepat Rr 22x/mnt, TD: 152/95 mmHg, Nadi: 104 x/mnt, Hasil EKG: ST Elevasi di V1 dan V2. Diagnosis keperawatan nyeri akut berhubungan dengan agen pencedera fisiologis (Iskemia Miokard), Intervensi dilakukan selama tiga hari melalui manajemen nyeri, penerapan terapi *Deep Breathing Exercise* disertai tindakan keperawatan sesuai standar dan evaluasi pada satu pasien STEMI. Hasil menunjukkan adanya penurunan keluhan nyeri, skala nyeri dari 6 ke 0, meringis menurun, gelisah menurun, pola nafas menurun, frekuensi nadi menurun dan tekanan darah menurun serta hasil EKG sinus rhytm. Pasien juga mampu melakukan latihan secara mandiri dengan bimbingan perawat sehingga tujuan keperawatan tercapai. Penerapan terapi *Deep Breathing Exercise* sebagai intervensi keperawatan nonfarmakologis dalam membantu menurunkan nyeri akut pasien STEMI.

Kata Kunci: Asuhan Keperawatan, *Deep Breathing Exercise*, STEMI, Nyeri Akut

ABSTRACT

Name : Nyoto Sulistyaningsih
Student ID : 202573005
Study Program : Nursing Profession
Title KIAN : Analysis of Nursing Care for STEMI Patients with Acute Pain Through the Application of Deep Breathing Exercise Therapy in the ICU at Gatoel Hospital, Mojokerto
Supervisor Name : Sri Sudarsih, S.Kp., M.Kes

Pain in STEMI patients is a major nursing problem that must be addressed immediately because it can increase sympathetic nerve activity, increase myocardial oxygen demand, increase the workload of the heart, and increase the risk of complications. This Final Nursing Research Paper aims to provide nursing care and analyze the implementation of Deep Breathing Exercise therapy in STEMI patients in the ICU of Gatoel Hospital, Mojokerto. The method used is a case study with a nursing process approach, including subjective data assessment: The patient reported left chest pain radiating to the back. The pain appeared suddenly in the left chest area, radiating to the back, and radiated to the left shoulder. It felt burning. The pain scale was 6, and it lasted approximately 4-7 minutes. Objective data showed the patient clutching his left chest when pain occurred, sweating profusely when pain occurred, and grimacing in pain. He had a rapid breathing pattern, Rr 22x/min, BP: 152/95 mmHg, Pulse: 104x/min, and ECG results: ST elevation in V1 and V2. The nursing diagnosis was acute pain related to a physiological injuring agent (myocardial ischemia). Interventions were carried out for three days through pain management, the application of Deep Breathing Exercise therapy accompanied by standard nursing actions and evaluation in one STEMI patient. Results showed a decrease in pain complaints, a pain scale from 6 to 0, decreased grimacing, decreased anxiety, decreased breathing patterns, decreased pulse rate and blood pressure, and sinus rhythm ECG results. The patient was also able to perform the exercises independently with nurse guidance, thus achieving the nursing goals. The application of Deep Breathing Exercise therapy as a non-pharmacological nursing intervention in helping reduce acute pain in STEMI patients.

Keywords: Nursing Care, Deep Breathing Exercise, STEMI, Acute Pain