

ABSTRAK

Analisis Asuhan Keperawatan Pada Tn. S Dengan *Post Op* Fraktur Femur (*Close Fracture*) Menggunakan Intervensi Kompres Dingin Untuk Mengurangi Intensitas Nyeri Pada Pasien Nyeri Akut di Ruang Kertabumi
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Fraktur femur merupakan salah satu cedera muskuloskeletal yang sering memerlukan tindakan operasi dan menimbulkan masalah keperawatan berupa nyeri. Nyeri *post op* yang tidak tertangani secara optimal dapat menghambat mobilisasi dini, mengganggu kenyamanan pasien, serta memperlambat proses penyembuhan. Selain terapi farmakologis, kompres dingin merupakan intervensi nonfarmakologis yang dapat digunakan untuk membantu menurunkan intensitas nyeri melalui mekanisme vasokonstriksi, penurunan inflamasi, dan penghambatan hantaran impuls nyeri. Penelitian ini menggunakan desain studi kasus dengan pendekatan asuhan keperawatan pada satu pasien post operasi fraktur femur di Ruang Kertabumi RSUD Wahidin Sudiro Husodo Kota Mojokerto. Asuhan keperawatan dilakukan selama 3×24 jam melalui tahap pengkajian, penetapan diagnosis, perencanaan, implementasi, dan evaluasi. Intervensi utama berupa kompres dingin menggunakan *ice pack* yang diisi es sebanyak $\pm \frac{1}{2}$ bagian selama 15 menit setiap hari, disertai kolaborasi pemberian terapi analgesik. Intensitas nyeri diukur menggunakan *Numeric Rating Scale* (NRS). Hasil menunjukkan bahwa skala nyeri pasien menurun secara bertahap dari skala 6 pada hari pertama menjadi skala 5 pada hari kedua dan skala 4 pada hari ketiga. Selain itu, ekspresi meringis berkurang, pasien tampak lebih rileks, frekuensi nadi membaik, serta kemampuan beristirahat meningkat setelah pemberian intervensi. Kompres dingin efektif membantu menurunkan intensitas nyeri pada pasien post operasi fraktur femur melalui penurunan suhu jaringan, vasokonstriksi, pengurangan pelepasan mediator inflamasi, dan aktivasi mekanisme *gate control*. Intervensi kompres dingin dapat dijadikan terapi komplementer yang aman, mudah diterapkan, dan mendukung efektivitas manajemen nyeri bersama terapi farmakologis dalam praktik keperawatan.

Kata kunci: Fraktur Femur, Kompres Dingin, Nyeri *Post Op*

ABSTRACT

Nursing Care Analysis of Mr. S With Post Operative (*Close Fracture*) Femoral Fracture Using Cold Compress Intervention To Reduce Pain Intensity In A Patient With Acute Pain At Kertabumi Ward Wahidin Sudiro Husodo Regional Hospital Mojokerto

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Femoral fracture is one of the most common musculoskeletal injuries requiring surgical intervention and is frequently associated with acute postoperative pain. Poorly managed postoperative pain may delay early mobilization, reduce patient comfort, and impair the healing process. In addition to pharmacological therapy, cold compresses are a non-pharmacological intervention that can help reduce pain intensity through vasoconstriction, decreased inflammatory response, and inhibition of pain impulse transmission. This study employed a case study design using the nursing process approach involving one patient with postoperative femoral fracture treated at the Kertabumi Ward, Wahidin Sudiro Husodo Regional Hospital, Mojokerto. Nursing care was provided for three consecutive days (3×24 hours), including assessment, nursing diagnosis, planning, implementation, and evaluation. The primary intervention consisted of a 15-minute cold compress using an ice pack filled to approximately half of its capacity, combined with collaborative analgesic therapy. Pain intensity was assessed using the Numeric Rating Scale (NRS). The findings showed a gradual reduction in pain intensity from an NRS score of 6 on the first day to 5 on the second day and 3 on the third day. In addition, the patient exhibited decreased facial grimacing, appeared more relaxed, demonstrated improved heart rate, and experienced better rest following the intervention. Cold compress therapy effectively reduced pain intensity in patients with postoperative femoral fractures by lowering local tissue temperature, inducing vasoconstriction, reducing the release of inflammatory mediators, and activating the gate control mechanism. This intervention can be considered a safe, simple, and effective complementary nursing therapy that enhances pharmacological pain management in postoperative orthopedic patients.

Keywords: Cold Compress, Femoral Fracture, Post Operative Pain