

POLITEKNIK KESEHATAN TANJUNGPURUN
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, Mei 2022

Muthmainnah

Asuhan Keperawatan dengan Gangguan Kebutuhan Rasa Nyaman pada Kasus *Post* Operasi Mioma Uteri terhadap Ny. S di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara Tanggal 3-5 Maret 2022

xv + 54halaman, 7tabel dan 2 gambar

RINGKASAN

Menurut penelitian *World Health Organization* (WHO) memperkirakan di seluruh dunia 20-50% wanita penderita mioma uteri. Kejadian mioma uteri di Indonesia sebesar 2,39%-11,70%, terdapat prevalensi mioma uteri sebesar 10,3% dan 11,9% dari semua penderita ginekologi yang dirawat. Pada kasus *post* operasi mioma uteri keluhan utama yang dirasakan adalah nyeri akut. Hal tersebut karena prosedur operasi bedah. Dalam hal ini peran perawat berpengaruh dalam menjawab kebutuhan klien dengan *post* mioma uteri. Berdasarkan latar belakang maka rumusan masalah pada Laporan Tugas Akhir ini adalah bagaimana asuhan keperawatan pada Ny.S dengan gangguan kebutuhan rasa nyaman pada kasus *post* mioma uteri. Tujuan penulisan laporan tugas akhir ini adalah untuk memberi gambaran asuhan keperawatan pada pasien dengan gangguan kebutuhan rasa nyaman pada kasus *post* operasi mioma uteri terhadap Ny. S di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara.

Setelah dilakukan proses keperawatan data yang didapatkan saat pengkajian pada Ny. S yaitu mengeluh nyeri pada luka operasi bagian perut bawah, nyeri seperti ditusuk-tusuk, skala nyeri 5 (0-10), nyeri terasa saat bergerak dan hilang timbul, mengeluh mual dan muntah, tampak meringis, mengeluh tidak nyaman, dan tampak gelisah. Pemeriksaan tekanan darah 130/80 mmHg. Diagnosa keperawatan yang ditegakkan nyeri akut, mual, gangguan mobilitas fisik. Perencanaan dan tindakan keperawatan yang dilakukan sesuai dengan SLKI tingkat nyeri, tingkat mual, mobilitas fisik, dan SIKI manajemen nyeri, manajemen mual muntah, dukungan mobilisasi. Setelah dilakukan tindakan keperawatan selama 3 hari masalah pasien teratasi dan klien sudah diperbolehkan pulang.

Simpulan dari Laporan Tugas Akhir ini tidak semua yang ada pada tinjauan pustaka terdapat pada Ny. S dengan gangguan kebutuhan rasa nyaman pada kasus *post* mioma uteri. Asuhan keperawatan pada kasus *post* operasi mioma uteri sudah tercapai sesuai dengan tahapan proses keperawatan. Saran dari laporan ini yang diberikan pada pihak RSUD Handayani agar dapat meningkatkan mutu pelayanan khususnya di Ruang Kebidanan dengan lebih memperhatikan kebutuhan klien terutama kebutuhan rasa nyaman *post* operasi mioma uteri, lebih mengutamakan tindakan kolaboratif, memberikan asuhan keperawatan yang sesuai dengan Standar Operasional Prosedur (SOP).

Kata kunci : Asuhan Keperawatan, *Post* operasi mioma uteri, kebutuhan rasa nyaman
Sumber bacaan : 23 Sumber (2010-2019)

TANJUNGPURANG HEALTH POLYTECHNIC
KOTABUMI NURSING PROGRAM STUDY
Final Project Report, May 2022

Muthmainnah

Nursing Care with Disturbance in the Need for Comfort in the Case of Postoperative Myoma Uterine to Ny. S in the Midwifery Room at Handayani General Hospital, Kotabumi, North Lampung, March 3-5, 2022

xv + 54 pages, 7 tables and, 2 pictures

ABSTRAK

According to research the World Health Organization (WHO) estimates that worldwide 20-50% of women suffer from uterine myomas. The incidence of uterine myomas in Indonesia is 2.39%-11.70%, there is a prevalence of uterine myomas of 10.3% and 11.9% of all gynecological patients treated. In the case of postoperative uterine myoma, the main complaint felt was acute pain. This is because of the surgical procedure. In this case the role of nurses is influential in responding to the needs of clients with post uterine myoma. Based on the background, the formulation of the problem in this Final Project Report is how nursing care for Mrs. S with impaired comfort needs in the case of post uterine myoma. The purpose of writing this final report is to provide an overview of nursing care for patients with impaired comfort needs in the case of postoperative uterine myoma against Ny. S in the midwifery room at Handayani General Hospital, Kotabumi, North Lampung.

After the nursing process was carried out, the data obtained during the assessment on Ny. S, which is complaining of pain in the lower abdominal surgical wound, stabbing pain, pain scale 5 (0-10), pain feels when moving and comes and goes, complains of nausea and vomiting, looks grimace, complains of discomfort, and looked restless. Check blood pressure 130/80 mmHg. The nursing diagnosis was confirmed by acute pain, nausea, impaired physical mobility. Nursing planning and actions were carried out in accordance with the SLKI for pain level, level of nausea, physical mobility, and SIKI for pain management, nausea and vomiting management, and mobilization support. After nursing actions for 3 days the patient's problem was resolved and the client was allowed to go home.

The conclusion from this Final Project Report is not all that is in the literature review is found in Mrs. S with impaired comfort needs in cases of post uterine myoma. Nursing care in postoperative uterine myoma cases has been achieved in accordance with the stages of the nursing process. Suggestions from this report are given to the Handayani Hospital in order to improve the quality of services, especially in the midwifery room by paying more attention to the needs of clients, especially the need for comfort after uterine myoma surgery, prioritizing collaborative action, providing nursing care in accordance with Standard Operating Procedures (SOP)

Key words : Nursing care, Post uterine myoma surgery, need for comfort

Reading sources: 23 sources (2010-2019)