

**POLITEKNIK KESEHATAN TANJUNGPUR
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ASUHAN KEPERAWATAN PADA PASIEN *POST OP TRANSURETHRAL RESECTION PROSTATE* DENGAN INTERVENSI MOBILISASI DINI DI RSUD JENDRAL AHMAD YANI KOTA METRO

xii + 50 halaman + 6 tabel + 4 lampiran

ABSTRAK

Kejadian *Benigna Prostat Hiperplasia* (BPH) dilaporkan di seluruh dunia pada tahun 2018 sekitar 1.276.106 kasus baru dan meningkat seiring dengan bertambahnya usia. Tindakan pembedahan *Transurethral Resection Prostate* (TURP) menjadi gold standard penatalaksanaan dengan tingkat keberhasilan sebesar 81% dibandingkan dengan terapi laser sebesar 67% dan terapi konservatif sebesar 15%. Penelitian ini bertujuan untuk menggambarkan pelaksanaan asuhan keperawatan pada pasien *post op transurethral resection prostate* dengan intervensi mobilisasi dini di RSUD Jendral Ahmad Yani Kota Metro. Penerapan asuhan keperawatan yang digunakan dalam penelitian ini adalah penelitian deskriptif dengan pendekatan studi kasus *single case*. Hasil pengkajian didapatkan data pasien merasa nyeri pada bagian alat kelamin, nyeri seperti disayat benda tajam (perih), nyeri terasa pada daerah kemaluanya menjalar ke perut bagian bawah, skala nyeri 5, nyeri hilang timbul. Pasien BAK melalui selang kateter, kencingnya masih kemerahan, pasien terpasang kateter three way serta terpasang irigasi NaCl 40 tpm, karakteristik warna urin kemerahan dan selang kateter mengalir lancar. Dari data diatas ditemukan 4 diagnosa yaitu nyeri akut, retensi urin, defisit pengetahuan, dan risiko infeksi. Intervensi yang dilakukan manajemen nyeri, edukasi mobilisasi, irigasi kandung kemih, edukasi mobilisasi, pencegahan infeksi dengan fokus intervensi mobilisasi dini. Setelah dilakukan asuhan keperawatan selama 3 hari pada pasien didapatkan hasil bahwa terjadi perubahan skala nyeri dari skala 5 menjadi skala 2 dan tidak adanya tanda pendarahan serta pasien mampu melakukan mobilisasi secara mandiri secara perlahan-lahan. Maka disarankan perawat dapat menjadikan mobilisasi dini sebagai intervensi tambahan untuk pasien *post operasi transurethral resection prostate*.

Kata kunci : *transurethral*, mobilisasi

Daftar referensi : 41 (2009-2022)

**TANJUNGPURBA HEALTH POLYTECHNIC
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**NURSING CARE FORM POST OPERATIVE PATIENTS WITH
TRANSURETHRAL OF THE PROSTATE RESECTION WITH EARLY
MOBILIZATION INTERVENTION IN RSUD JENDRAL AHMAD YANI
METRO CITY**

xii + 50 page + 6 tabels + 4 attachment

ABSTRACT

The incidence of Benign Prostate Hyperplasia (BPH) reported worldwide in 2018 was around 1,276,106 new cases and increasing with age. Transurethral Resection Prostate (TURP) surgery is the gold standard of management with a success rate of 81% compared to laser therapy of 67% and conservative therapy of 15%. This study aims to describe the implementation of nursing care in post op transurethral resection prostate patients with early mobilization intervention at RSUD Jendral Ahmad Yani Metro City. The application of nursing care used in this study is descriptive research with a single case study approach. The results of the study obtained data on patients feeling pain in the genitals, pain such as being slashed by sharp objects (sore), pain felt in the pubic area radiating to the lower abdomen, pain scale 5, pain disappearing arising. BAK patients go through a catheter tube, their urine is still reddish, patients are installed with a three-way catheter and 40 tpm NaCl irrigation, urine and fluid production +2700cc with reddish urine color characteristics and the catheter hose flows smoothly. From the data above, 4 diagnoses were found, namely acute pain, urinary retention, knowledge deficit, and infectious risk. Interventions carried out by pain management, mobilization education, bladder irrigation, mobilization education, infection prevention with a focus on early mobilization interventions. After 3 days of nursing care for the patient, it was found that there was a change in the scale of pain from scale 5 to scale 2 and there no signs of bleeding and the patient was able to mobilize independently slowly. So it is recommended that nurses can make early mobilization an additional intervention for postoperative patients with transurethral prostate resection.

Keywords : transurethral, mobilization

Reference list : 41 (2009-2022)