

POLTEKKES TANJUNGPUR
JURUSAN KEPERAWATAN TANJUNGPUR
PRODI D III KEPERAWATAN TANJUNGPUR
Laporan Tugas Akhir, Januari 2024
Nada Naimah

**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN
RASA NYAMAN (NYERI) PADA PASIEN COLIC
ABDOMEN DI RUANG PENYAKIT DALAM
RSUD DR.A.DADI TJOKRODIPO
BANDAR LAMPUNG
TAHUN 2024**

xv + 71 Halaman + 12 Tabel + 2 Gambar + 4 Lampiran

ABSTRAK

Colic abdomen di Indonesia tercatat 40,85% dari 800.000 orang penduduk. Berdasarkan hasil pengamatan penelitian yang dilakukan departemen kesehatan Republik Indonesia diperoleh angka penderita colic abdomen di Indonesia cukup tinggi sekitar 91.6%. Hasil riset kesehatan dasar menunjukkan bahwa prevalensi jumlah penderita colic abdomen di Lampung sebanyak 1.246 dan mengalami peningkatan pada Tahun 2019 sebanyak 1.292 penderita. Tujuan dari hasil karya tulis ilmiah adalah memberikan gambaran asuhan keperawatan gangguan kebutuhan aman nyaman nyeri pada pasien colic abdomen. Metode yang dilakukan penulis yaitu wawancara, observasi dan pemeriksaan fisik. Dari hasil pengkajian pasien 1 dan 2 pada tanggal 2 Januari 2024 didapatkan masalah utama yaitu nyeri akut berhubungan dengan agen pencedera fisiologis ditandai dengan nyeri perut bagian bawah, tampak meringis, dan tampak gelisah. Setelah dilakukan tindakan keperawatan selama 3 hari didapatkan keluhan nyeri menurun, meringis menurun, dan gelisah menurun. Rencana tindakan manajemen nyeri yaitu identifikasi lokasi, karakteristik, durasi, frekuensi, kualitas, intensitas nyeri, fasilitasi istirahat dan tidur, jelaskan strategi meredakan nyeri. Implementasi dilakukan dan didokumentasikan pada catatan perkembangan selama 3 hari. Setelah dilakukan tindakan keperawatan didapatkan evaluasi hasil nyeri menurun pada pasien 1 nyeri 7 menjadi 3 dan pasien 2 nyeri 6 menjadi 2 pasien tampak tidak gelisah, dan tampak bertenaga. Hasil berdasarkan pengumpulan data yang telah dilakukan asuhan keperawatan di dapatkan pengkajian, diagnosa keperawatan, rencana tindakan, implementasi dan evaluasi. Masalah teratasi. Disarankan keluarga mampu merawat pasien di rumah dan menerapkan pola hidup yang sehat.

Kata kunci : Colic abdomen, gangguan kebutuhan aman nyaman nyeri

Daftar pustaka : (2013-2023)

**TANJUNGPURANG HEALTH POLYTECHNIC
DAPARTEMEN OF NURSING TANJUNGPURANG
TANJUNGPURANG D- III NURSING PROGRAM**

Final Report, Januari 2024

Nada Naimah

**NURSING CARE FOR DISORDER NEEDSSAFE COMFORTABLE
PAIN IN COLIC PATIENTSABDOMEN INTERNAL MEDICINE
ROOM Dr. A. DADI TJOKRODIPO REGIONAL HOSPITAL
LAMPUNG PORTION
YEAR 2024**

xv + 71 Pages + 12 Tables + 2 Picture + 4 Attachments

ABSTRACT

Abdominal colic in Indonesia is recorded at 40.85% of the 800,000 population. Based on the results of research observations conducted by the Ministry of Health of the Republic of Indonesia, it was found that the number of abdominal colic sufferers in Indonesia was quite high, around 91.6%. The results of basic health research show that the prevalence of abdominal colic sufferers in Lampung is 1,246 and has increased in 2019 to 1,292 sufferers. The aim of the results of this scientific paper is to provide an overview of nursing care for disorders of the need for safety and comfort and pain in abdominal colic patients. . The methods used by the author are interviews, observation and physical examination. From the results of the study of patients 1 and 2 on January 2 2024, it was found that the main problem was acute pain related to physiological injurious agents, characterized by lower abdominal pain, grimacing and an anxious appearance. After carrying out nursing actions for 3 days, complaints of pain decreased, grimacing decreased and anxiety decreased. The pain management action plan was identification of location, characteristics, duration, frequency, quality, intensity of pain, facilitation of rest and sleep, explain strategies for pain relief. Implementation was carried out and documented on a progress note for 3 days. After the nursing action was carried out, it was found that the results of the evaluation showed that pain decreased in patient 1, pain from 7 to 3 and patient 2, pain from 6 to 2. The patient did not appear anxious and looked energetic. The results are based on data collection that has been carried out by nursing care to obtain assessments, nursing diagnoses, action plans, implementation and evaluation. Problem resolved. It is recommended that the family be able to care for the patient at home and adopt a healthy lifestyle.

Keywords : abdominal colic, distraction needs safe comfortable

Bibliography : (2013-2023)