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**ANALISIS TINGKAT NYERI PASIEN POST OPERASI LAPARATOMY
DENGAN INTERVENSI AROMATERAPI LAVENDER DI RSUD
JENDRAL AHMAD YANI KOTA METRO TAHUN 2024**

xvii + 63 halaman + 4 tabel + 4 gambar + 6 lampiran

ABSTRAK

World health organization, menguraikan sebanyak 50% dari pasien yang selesai operasi laparotomy mengalami nyeri dan jumlah dari pasien nyeri pembedahan terus meningkat. Prevalensi nyeri pasca operasi di Indonesia mencapai 42%, dengan insidensi 17% pada pria dan 25% pada Wanita. Laporan Kementerian Kesehatan Republik Indonesia mengenai kejadian laparotomy meningkat. Tindakan bedah menempati urutan ke 11 dari 50 pertama penyakit di rumah sakit se-indonesia dengan persentase 12,8% yang diperkirakan 32% diantaranya merupakan tindakan bedah laparotomy. Sedangkan di RSUD Jendral Ahmad yani metro didapatkan data jumlah pasien pada bulan Januari – Maret 2024 terdapat sebanyak 150 pasien. Tujuan penulisan karya ilmiah ini adalah menganalisis tingkat nyeri pasien post operasi laparotomy yang diberikan intervensi aromaterapi lavender. Penulisan karya ilmiah ini berfokus pada 1 pasien dengan masalah utama nyeri akut dengan intervensi aromaterapi lavender. Pengambilan data dilakukan di RSUD jendral Ahmad Yani kota metro selama 4 hari yaitu tanggal 06 - 09 Mei 2024. Pengumpulan data menggunakan lembar format asuhan keperawatan post operasi, format pengukuran skala nyeri (NRS), aromaterapi lavender, diffuser. Penyajian data menggunakan narasi dan tabel. Tingkat nyeri sebelum diberikan intervensi pada pasien post operasi laparotomy didapatkan skala nyeri 6, setelah dilakukan intervensi sampai akhir hari perawatan didapatkan skala nyeri 1 artinya nyeri yang dirasakan pasien nyeri ringan. berdasarkan hasil tersebut diketahui faktor-faktor yang mempengaruhi tingkat nyeri pasien post operasi laparotomy adalah usia, tingkat kecemasan yang tinggi, dan pengalaman sebelumnya, dengan demikian diharapkan tenaga kesehatan dapat menerapkan intervensi aromaterapi lavender sebagai salah satu alternatif untuk menurunkan tingkat nyeri pada pasien post operasi laparotomy.

Kata kunci : Aromaterapi Lavender, Nyeri akut , Laparotomy
Daftar Pustaka : 40 (2014-2023)

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ANALYSIS OF PAIN LEVEL OF POSTOPERATIVE LAPARATOMY PATIENTS WITH LAVENDER AROMATHERAPY INTERVENTION AT GENERAL AHMAD YANI HOSPITAL METRO CITY IN 2024

xvii + 63 pages + 4 tables + 4 pictures + 6 attachment

ABSTRACT

The World Health Organization, according to the World Health Organization, as many as 50% of patients who complete laparotomy surgery experience pain and the number of patients with surgical pain continues to increase. The prevalence of postoperative pain in Indonesia reaches 42%, with an incidence of 17% in men and 25% in women. The report of the Ministry of Health of the Republic of Indonesia regarding the incidence of laparotomy is increasing. Surgical procedures rank 11th out of the top 50 diseases in hospitals throughout Indonesia with a percentage of 12.8%, of which an estimated 32% are laparotomy surgical procedures. Meanwhile, at the General Ahmad Yani Metro Hospital, data on the number of patients in January – March 2024 was obtained as many as 150 patients. The purpose of writing this scientific paper is to analyze the pain level of postoperative laparotomy patients who are given lavender aromatherapy intervention. The writing of this scientific paper focuses on 1 patient with a major acute pain problem with lavender aromatherapy intervention. Data collection was carried out at the General Ahmad Yani Hospital in Metro City for 4 days, namely May 6 - 09, 2024. Data collection used postoperative nursing care format sheets, pain scale measurement format (NRS), lavender aromatherapy, diffuser. The presentation of data uses narratives and tables. The pain level before the intervention was given to postoperative laparotomy patients was obtained on a pain scale of 6, after the intervention until the end of the day of treatment, a pain scale of 1 was obtained, meaning that the pain felt by the patient was mild. Based on these results, it is known that the factors that affect the pain level of postoperative laparotomy patients are age, high anxiety level, and previous experience, so it is hoped that health workers can apply lavender aromatherapy intervention as an alternative to reduce the level of pain in postoperative laparotomy patients.

Keywords : Lavender Aromatherapy, Acute Pain, Laparotomy

Bibliography : 40 (2014-2023)