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Asuhan Keperawatan Pasien Dengan Gangguan Kebutuhan Rasa Nyaman Pada Kasus Post Operasi Mioma Uteri Terhadap Ny.S Di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara tanggal 21-25 Februari 2022  
xvi+54 halaman, 8 tabel, 2 gambar

### RINGKASAN

Menurut kasus kanker terdapat 10 juta kasus pertahun, termasuk degenerasi dari suatu penyakit Mioma Uteri (Kemenkes RI, 2016). 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 serta diketahui insidennya selalu meningkat tiap tahunnya.

Rumusan masalah pada laporan ini adalah bagaimana 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. Tujuan Laporan Tugas Akhir ini dibuat untuk memberikan Gambaran tentang Asuhan Keperawatan pasien dengan Gangguan Kebutuhan Rasa Nyaman terhadap Ny. S di Ruang Kebidanan Rumah Sakit Umum Handayani Kotabumi Lampung. Mioma terdiri dari serabut-serabut otot polos yang diselengi dengan untaian jaringan ikat dan dikelilingi duktus muller. Ukuran Miom bervariasi dari sebesar kacang polong sampai sebesar bola kaki.

Hasil dari pengkajian pada kasus didapatkan data yaitu pasien mengatakan nyeri pada luka post operasi dibagian bawah abdomen, cemas saat bergerak, sulit menggerakkan ekstremitas bawahnya, meringis, gelisah, Skala Nyeri 4 (1-10), Gerakan tampak terbatas pasien tampak lemah, lemas, pusing, pengisian kapiler > 3 detik, HB : 8,5 gr/dl, akral teraba dingin, warna kulit pucat sulit tidur, terbangun karena nyeri, istirahat tidak cukup, mengantuk. belum mampu ke toilet secara mandiri tampak berbaring belumbisa berpakaian secara mandiri karena terpasang infuse merasa tak berdaya, belum mampu ke toilet dan berhias secara mandiri. Diagnosa yang ditegakkan nyeri akut, perfusi perifer tidak efektif, gangguan pola tidur, defisit perawatan diri. Perencanaan dan tindakan keperawatan sesuai dengan SLKI yaitu tingkat nyeri, perfusi perifer, pola tidur, perawatan diri, dan SIKI dukungan manajemen nyeri, pemantauan hasil laboratorium, dukungan tidur, dukungan perawatan diri setelah dilakukan tindakan keperawatan selama 3 hari masalah pasien teratasi dan sudah diperbolehkan pulang.

Simpulan dari penulis didapatkan secara nyata tentang asuhan keperawatan kasus Post Operasi Mioma uteripada Ny. S dengan Gangguan kebutuhan rasa nyaman. Saran yang diberikan pada pihak RSUD Handayani agar dapat dijadikan sebagai pedoman atau panduan bagi perawat dalam memberikan proses keperawatan dan dapat dijadikan literature dan menambah pustaka bagi institusi pendidikan, khususnya tentang asuhan keperawatan pada pasien *Post Operasi Mioma Uteri* dengan Gangguan Kebutuhan Rasa Nyaman

Kata Kunci : Asuhan keperawatan, *Post Operasi Mioma uteri*, gangguan kebutuhan rasa nyaman.

Bacaan : 16 (2011s/d 2019)

POLITEKNIK KESEHATAN TANJUNGPUR  
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Nursing care of patients with impaired comfort needs in the case of postoperative uterine myoma against Mrs. S in the Midwifery Room at Handayani Hospital, Kotabumi, North Lampung, 21-25 February 2022

xvi+54pages,8 tables,and 2 figures

**ABSTRAK**

According to cancer cases, there are 10 million cases per year, including degeneration of a uterine myoma (Kemenkes RI, 2016). 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 who are treated and the incidence is known to always occur.increasing every year.

The formulation of the problem in this report is how the description of nursing care in patients with impaired comfort needs in the case of postoperative uterine myoma against Mrs. S in the Midwifery Room of Handayani Hospital, Kotabumi, North Lampung. The purpose of this final report is to provide an overview of nursing care for patients with impaired comfort needs for Ny. S in the Midwifery Room, Handayani General Hospital, Kotabumi, Lampung. Myomas consist of smooth muscle fibers interspersed with strands of connective tissue and surrounded by mullerian ducts. Mioms vary in size from the size of a pea to the size of the ball of a foot.

The results of the study in the case obtained data, namely the patient said pain in the postoperative wound in the lower abdomen, anxiety when moving, difficulty moving his lower extremities, grimacing, restlessness, Pain Scale 4 (1-10), Movement seemed limited, the patient looked weak, weak, dizziness, capillary refill > 3 seconds, HB : 8.5 g/dl, cold akral, pale skin color, difficulty sleeping, awakening due to pain, insufficient rest, drowsiness. unable to go to the toilet independently, appears to be lying down, cannot dress independently because the infusion is attached, feels helpless, has not been able to go to the toilet and make up independently. The diagnosis is acute pain, ineffective peripheral perfusion, disturbed sleep patterns, self-care deficit. Planning and nursing actions in accordance with the SLKI, namely pain levels, peripheral perfusion, sleep patterns, self-care. and SIKI pain management support, monitoring laboratory results, sleep support, self-care support after nursing actions for 3 days the patient's problem is resolved and has been allowed to go home.

The conclusions from the author are obtained in real terms about nursing care in the case of Post-Operational Mioma uteri in Ny. S with impaired need for comfort. Suggestions given to the Handayani RSU so that it can be used as a guide or guide for nurses in providing the nursing process and can be used as literature and add to the library for educational institutions, especially regarding nursing care for postoperative uterine myoma patients with impaired comfort needs

Keywords :Nursing care, postoperative uterine fibroids, disorders of comfort needs

Readings : 16 (2011 to 2019)