

POLITEKNIK KESEHATAN TANJUNGPUR  
PRODI KEPERAWATAN KOTABUMI  
Laporan Tugas Akhir, Maret 2021

Salsabila Nindi Ns,

Asuhan Keperawatan Pasien Dengan Gangguan Aman Nyaman Pada Kasus Dispepsia Terhadap Tn. S Di Ruang Penyakit Dalam RSUD Mayjend Ryacudu Kotabumi Lampung Utara Tanggal 11-13 Maret 2021

xix+ 76 halaman, 8 tabel, dan 2 bagan.

### RINGKASAN

Dispepsia adalah merupakan kumpulan gejala berupa nyeri atau ketidaknyamanan yang berpusat di perut bagian atas. Gejala-gejala yang timbul disebabkan berbagai faktor seperti gaya hidup merokok, alkohol, berat badan berlebihan, stres, kecemasan dan depresi yang relevan dengan terjadi dispepsia. Di propinsi Lampung sendiri, dispepsia menempati urutan kelima dari 10 besar penyakit terbanyak berdasarkan kunjungan lama dan baru dengan prevalensi 5,49% atau sebanyak 35.422 kasus. Sementara untuk periode Januari sampai Desember 2020 tercatat kasus pneumonia merupakan sepuluh penyakit terbanyak di RSD Mayjend HM Ryacudu Kotabumi Lampung Utara.

Berdasarkan data hasil pengkajian didapatkan diagnosa keperawatan yang muncul pada Tn. S yaitu : Nyeri akut, mual, defisit nutrisi. Rencana Keperawatan yang ditegakan antara lain SLKI : Tingkat Nyeri (I.08066), Tingkat Nausea (I.08065), Status Nutrisi (I.03030) dan SIKI : Manajemen Nyeri (I.08238), Pemberian analgesik (I.08243), Manajemen mual (I.03117), Manajemen Nutrisi (I.03119). Implementasi yang dilakukan : memonitor tanda-tanda vital, memonitor nyeri, memonitor mual, dan mengajarkan teknik nafas dalam, melakukan pencatatan pemberian obat. Hasil evaluasi pada diagnosa nyeri akut teratasi, mual teratasi dan pada defisit nutrisi teratasi.

Simpulan dari laporan tugas akhir ini yaitu proses keperawatan kasus dispepsia sesuai dengan kondisi klien pada kenyataan. Saran hendaknya dapat meningkatkan mutu pelayanan keperawatan dan serta menambahkan referensi buku terbaru atau terupdate bagi mahasiswa/i Poltekkes Tanjungkarang Prodi Keperawatan Kotabumi

Kata Kunci : Asuhan Keperawatan, dispepsia, gangguan aman,nyaman,nyeri akut.

Sumber Bacaan : 11 (2012-2020)

TANJUNGGARANG HEALTH POLYTECHNIC  
KOTABUMI NURSING STUDY  
Final Project Report, March 2021

Salsabila Nindi Ns,

Nursing care for dyspepsia cases in Mr. S with Lack of Fluid intake in dyspepsia cases against Mr. S in the Internal Medicine Room at the Mayjend Ryacudu Hospital, Kotabumi, North Lampung, March 11-13, 2021.

xix + 76 pages, 8 tables and 2 charts.

### ABSTRACT

Dyspepsia is a collection of symptoms in the form of pain or discomfort centered in the upper abdomen. The symptoms that arise are caused by various factors such as smoking, alcohol, excessive weight, stress, anxiety and depression that are relevant to dyspepsia. In the province of Lampung itself, dyspepsia ranks fifth out of the top 10 diseases based on old and new visits with a prevalence of 5.49% or as many as 35,422 cases. Meanwhile, for the period January to December 2020, pneumonia cases were recorded as the ten most common diseases at the RSD Maj. Gen. HM Ryacudu, Kotabumi, North Lampung.

Dyspepsia is one of the diseases included in the top 10 list of the most common diseases in RSD Maj. HM Ryacudu. For this reason, this case is interesting to discuss in order to increase public knowledge and become a guide in preventing the disease.

Based on the data from the assessment, it was found that the nursing diagnosis that appeared on Mr. S: Acute pain, nausea, nutritional deficit. Nursing plans that are enforced include SLKI: Pain Level (I.08066): Nausea Level (I.08065), Nutritional Status (I.03030) and SIKI: Pain Management (I.08238), Administering analgesics (I.08243), Nausea management (I.03117), Nutrition management (I.03119).

Implementation carried out for the diagnosis include: monitoring vital signs, monitoring pain, monitoring nausea, and teaching deep breathing techniques, recording drug administration. The results of the evaluation on the diagnosis of acute pain the problem was resolved, the nausea problem was resolved and the nutritional deficit problem was resolved.

The conclusion of this final project report is that the nursing process for dyspepsia cases is in accordance with the client's condition in reality. Suggestions should be able to improve the quality of nursing services and also add the latest and updated book references for students of Tanjungkarang Health Polytechnic of Nursing Study Program Kotabumi

Keywords : nursing care, dyspepsia, safe disturbance, comfort, acute Pain

Reading Source : 11 (2012-2020)