

**POLTEKKES TANJUNGKARANG
JURUSAN KEPERAWATAN TANJUNGKARANG
PRODI DIII KEPERAWATAN TANJUNGKARANG**

Laporan Tugas Akhir, April 2023

Olsa Maharani

**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN RASA
NYAMAN PADA PASIEN DISPEPSIA DI RUMAH SAKIT
BHAYANGKARA POLDA LAMPUNG TAHUN 2023**

xiii + 59 halaman + 11 tabel + 1 gambar

ABSTRAK

World Health Organization (WHO) mengatakan bahwa setiap tahun kasus dispepsia mengalami peningkatan, di dunia mencapai 13-40% dari total populasi dari setiap negara. Berdasarkan data yang diperoleh di ruang kelas 1 RS Bhayangkara Polda Lampung pada bulan Desember 2022 sampai dengan Januari 2023 berjumlah 13 orang kasus dispepsia. Tujuan penulisan ini dilakukan untuk memberikan gambaran perbandingan pelaksanaan asuhan keperawatan gangguan kebutuhan rasa nyaman pada pasien dispepsia di ruang Kelas 1 RS Bhayangkara Polda Lampung. Penulisan ini menggunakan pendekatan studi kasus asuhan keperawatan yang meliputi proses keperawatan melalui dari pengkajian, diagnosis, intervensi, implementasi, serta evaluasi keperawatan. Teknik pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik dan pemeriksaan penunjang. Asuhan keperawatan dilakukan selama tiga hari mulai dari tanggal 10-12 Januari 2023. Diagnosis keperawatan fokus kepada kedua pasien dengan gangguan kebutuhan rasa nyaman. Intervensi keperawatan sesuai SIKI (2018) yaitu terapi relaksasi. Hasil pada pasien 1 pasien mengatakan sudah lebih rileks, lebih nyaman, ekspresi wajah tampak rileks dan terlihat lebih segar tanda-tanda vital Tekanan Darah 120/90 MmHg, Nadi: 85x/menit, Suhu 36,3 c, frekuensi pernapasan 21x/menit spo2 99%. Sedangkan pada pasien 2 mengatakan sudah lebih rileks, lebih nyaman, ekspresi wajah tampak rileks dan terlihat lebih segar tanda-tanda vital Tekanan Darah 120/90 MmHg, Nadi 85x/menit, Suhu 36,4 c, Frekuensi pernapasan 20x/menit, Spo2 99%. Saran dari penulis yaitu dapat meningkatkan intervensi terapi relaksasi dalam memberikan asuhan keperawatan pada pasien dispepsia.

Kata kunci: dispepsia, Gangguan rasa nyaman

Daftar referensi: 18 (2012-2021)

**TANJUNGKARANG HEALTH POLYTECHNIC
TANJUNGKARANG DEPARTMENT OF NURSING
TANJUNGKARANG DIII NURSING PROGRAM**

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Olsa Maharani

**NURSING CARE OF DISTURBED NEEDS SAFE COMFORTABLE
(PAAIN) IN PATIENTS WITH DYSPEPSIA IN BHAYANGKARA
HOSPITAL POLDA LAMPUNG IN 2023**

Xiv + 59 pages + 11 table + 1 pictures

ABSTRACT

The World Health Organization (WHO) says that every year dyspepsia cases have increased, in the world reaching 13-40% of the total population of every country. Based on data obtained in class 1 at Bhayangkara Polda Lampung Hospital from December 2022 to January 2023 there were 13 cases of dyspepsia. The purpose of this writing is to provide a comparative description of the implementation of nursing care for disorders of the need for comfort in dyspepsia patients in Class 1 rooms at Bhayangkara Polda Lampung Hospital. This writing uses a case study approach to nursing care which includes the nursing process through assessment, diagnosis, intervention, implementation, and evaluation of nursing. Data collection techniques include interviews, observation, physical examination and supporting examinations. Nursing care was carried out for three days starting from January 10-12 2023. Nursing diagnoses focused on the two patients with impaired needs for comfort. Nursing intervention according to SIKI (2018), namely relaxation therapy. Results in patient 1 patient said he was more relaxed, more comfortable, facial expressions looked relaxed and looked fresher vital signs Blood Pressure 120/90 MmHg, Pulse: 85x/minute, Temperature 36.3 c, respiratory rate 21x/minute spo2 99%. Whereas patient 2 said he was more relaxed, more comfortable, facial expressions looked relaxed and looked fresher. %. Suggestions from the author that can improve relaxation therapy interventions in providing nursing care to patients with dyspepsia.

Key words: dyspepsia, impaired sense of comfort

List of references: 18 (2012-2021)