

**POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN KEPERAWATAN
PROGRAM STUDI PROFESI NERS
KARYA ILMIAH AKHIR NERS, JULI 2023**

Gita Metavia Handayani

**ASUHAN KEPERAWATAN GANGGUAN RASA NYAMAN NYERI PADA
PASIEN *POST OPERASI* AMPUTASI ULKUS DIABETIKUM DENGAN
INTERVENSI TEKNIK RELAKSASI NAFAS DALAM DI RUMAH SAKIT
MARDI WALUYO KOTA METRO TAHUN 2023**

xii+ 74 halaman, 1 tabel, 5 gambar, 4 lampiran

ABSTRAK

Amputasi merupakan pemotongan dan pengangkatan bagian tubuh tertentu dikarenakan sesuatu hal yang mengganggu fungsi tubuh, insidensi ulkus diabetikum pada penderita diabetes dilaporkan akan berisiko dilakukan amputasi ujung kaki, kaki, atau tungkai. Tujuan laporan ini untuk memberikan gambaran asuhan keperawatan masalah nyeri akut dengan intervensi teknik relaksasi nafas dalam di Rumah Sakit Mardi Waluyo Kota Metro Tahun 2023. Metode yang digunakan dalam pengumpulan data yaitu, observasi, wawancara, serta pendokumentasian, subjek pada penelitian ini berfokus pada 2 pasien dengan diagnosa medis ulkus diabetikum + gangren, asuhan keperawatan ini dilakukan selama 3 hari pada tanggal 1-3 juni 2023. Hasil asuhan keperawatan ini dilakukan pada fase *post* operatif tingkat nyeri menurun ditandai dengan penurunan nyeri menggunakan NRS, Pada *post* operasi masalah keperawatan nyeri akut tingkat nyeri menurun yang semula skala nyeri 5 menjadi 3 dan skala nyeri 4 menjadi 2. Adapun efektifitas pemberian teknik relaksasi nafas dalam terhadap intensitas nyeri *post* operasi amputasi yang dilakukan penulis terdapat perbedaan skala nyeri sebelum dan sesudah diberikan intervensi. Nyeri yang dirasakan kedua pasien *post* operasi amputasi diabetikum mengalami penurunan, kondisi terakhir pasien mengatakan nyeri berkurang dan pasien mampu mengontrol nyeri secara mandiri dengan menerapkan teknik relaksasi nafas dalam. Diharapkan perawat dapat melakukan prosedur asuhan keperawatan operatif sesuai dengan standar yang berlaku sesuai dengan tahapan pengkajian, diagnosa keperawatan, pembuatan intervensi keperawatan, pelaksanaan dokumentasi dan evaluasi khususnya pada pasien dengan pasien tindakan amputasi.

Kata kunci : ulkus diabetikum, nyeri akut, teknik relaksasi nafas dalam

Pustaka : 27 (2014-2022)

TANJUNGPURANG HEALTH POLYTECHNIC
NURSING MAJOR
NERS PROFESSIONAL STUDY PROGRAM
NERS FINAL SCIENTIFIC WORKS, JULY 2023
Gita Metavia Handayani

NURSING CARE OF PAIN COMFORT DISORDERS IN POST OPERATING PATIENTS AMPUTATION OF DIABETIC ULCERS USING DEEP BREATH RELAXATION TECHNIQUE INTERVENTION AT MARDI WALUYO HOSPITAL, METRO CITY, 2023
xiii+74pages, 1 table, 5 pictures, 6 attachments

ABSTRACT

Amputation is the cutting and removal of certain body parts due to something that interferes with the body's function, It is estimated that the incidence of diabetic ulcers in diabetics is around 1-4% and tip amputation will be carried out feet, legs, or legs. The purpose of this report is to provide an overview of nursing care for acute pain problems with deep breathing relaxation technique interventions at Mardi Waluyo Hospital, Metro City in 2023. The methods used in data collection were observation, interviews, and documentation, the subjects in this study focused on 2 patients with a medical diagnosis of diabetic ulcer + gangrene, this nursing care was carried out for 3 days on 1-3 June 2023. moderate pain became a score of 3 (mild pain) and in patients 2 with a pain scale of 4 (moderate pain) to a scale of 2 (mild pain) light). In the postoperative problem of acute pain damage, the pain level decreased from the original pain scale of 5 to 3 and the pain scale of 4 to 2. As for the effectiveness of deep breathing relaxation techniques on pain intensity after the amputation operation carried out by researchers, there were differences in pain scale before and after the intervention was given. The pain felt by the two postoperative diabetic amputation patients has decreased, the patient's last condition said that the pain was reduced and the patient was able to control pain independently by applying deep breathing relaxation techniques. Nurses are expected to be able to carry out operative nursing care procedures according to applicable standards in accordance with the stages of assessment, diagnosis, rehabilitation interventions, implementation of documentation and evaluation, especially in patients with amputations.

Keywords : diabetic ulcer. Acute pain, deep breath relaxation

Literature : 27(2014-2022)