

POLTEKKES TANJUNGPUR
JURUSAN KEPERAWATAN TANJUNGPUR
PROGRAM STUDI NERS
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**IMPLEMENTASI THERAPI RELAKSASI AUTOGENIK DALAM
MENGATASI NYERI AKUT PADA PASIEN *CHRONIC KIDNEY
DISEASE* (CKD) DENGAN TINDAKAN OPERASI *INSERSI CATHETER
TENCKHOFF* DI RUANG BEDAH RSUD DR HI ABDUL MOELOEK
PROVINSI LAMPUNG TAHUN 2023**

xiii + 81 halaman + 17 Tabel + 7 Gambar

ABSTRAK

Pendahuluan: Pasien CKD diindonesia tercatat sebanyak 324 orang (KEMKES, 2022 di RSUD dr Hi Abdul Moeloek Provinsi Lampung 33 orang dan 3 diantaranya menjalani operasi CAPD (MR RSUD.AM), terapi pengganti ginjal pada pasien CKD adalah metode CAPD dengan operasi Insersi Catheter Tenckhoff kedalam rongga *peritoneum*. Tujuan penulisan ini yaitu untuk diketahui pengkajian & Implementasi Therapi Relaksasi Autogenik Dalam Mengatasi Nyeri Akut Pada Pasien *Chronic Kidney Disease* (CKD) Dengan Tindakan Operasi *Insersi Catheter Tenckhoff*.

Metode: Metode penelitian deskriptif dengan pendekatan studi kasus. Asuhan keperawatan ini berfokus pada Implementasi Therapi Autogenik pada kasus CKD (*Chronic Kidney Disiase*) dengan tindakan operasi *insersi chateter tenckhoff* Pengumpulan data dilaksanakan pada tanggal 06 – 08 April 2023. menggunakan metode asuhan keperawatan, yaitu pengkajian, menentukan diagnosa, merencanakan tindakan, implementasi dan evaluasi keperawatan.

Hasil: Terapi Relaksasi Autogenik pasien pada Ny. A yang mengalami nyeri akut. Skala nyeri turun dari 5 (lima) menjadi 2 (dua) dengan menggunakan pengkajian skala nyeri VAS (*Visual Analog Scale*). Saran untuk RS agar menerapkan terapi non farmakologik yaitu terapi relaksasi autogenik pada pasien dengan nyeri akut.

Kata Kunci : Asuhan Keperawatan Post Operatif, CKD, *Insersi Catheter Tenckhoff* CAPD

Daftar Referensi : 35 (2005-2023)

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**IMPLEMENTATION OF AUTOGENIC RELAXATION THERAPY IN
OVERCOMING ACUTE PAIN IN CHRONIC KIDNEY DISEASE (CKD)
PATIENTS WITH TENCKHOFF'S CATHETER INSERTION SURGERY IN
THE SURGERY ROOM OF DR HI ABDUL MOELOEK HOSPITAL,
LAMPUNG PROVINCE, 2023**

xiii + 81 pages + 17 Tables + 7 Picture

ABSTRACT

Introduction: There were 324 CKD patients in Indonesia (KEMKES, 2022 at Dr. Hi Abdul Moeloek Hospital, Lampung Province, 33 people and 3 of them underwent CAPD surgery (MR RSUD.AM), kidney replacement therapy in CKD patients is the CAPD method with Tenckhoff Catheter Insertion surgery into the peritoneal cavity. The purpose of this writing is to know the assessment & implementation of autogenic relaxation therapy in treating acute pain in patients with chronic kidney disease (CKD) by surgical insertion of a Tenckhoff catheter.

Methods: Descriptive research method with a case study approach. This nursing care focuses on the Implementation of Autogenic Therapy in cases of CKD (Chronic Kidney Disease) with the surgical insertion of chateter tenckhoff. Data collection was carried out on April 6 - 8 2023. using nursing care methods, namely assessment, determining diagnosis, planning action, implementation and evaluation nursing.

Results: The patient's Autogenic Relaxation Therapy in Mrs. A who has acute pain. The pain scale decreased from 5 (five) to 2 (two) using the VAS (Visual Analog Scale) pain scale assessment. Suggestions for hospitals to apply non-pharmacological therapy, namely autogenic relaxation therapy in patients with acute pain.

Keywords : Postoperative Nursing Care, CKD, Catheter Insertion Tenckhoff CAPD

Reference List : 35 (2005-2023)