

POLITEKNIK KESEHATAN TANJUNGPURWATI  
PRODI KEPERAWATAN KOTABUMI  
Laporan Tugas Akhir, Mei 2023

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Asuhan Keperawatan Gerontik Dengan Gangguan Rasa Aman Nyaman Pada Kasus Gastritis Terhadap Tn. A Di Desa Tanjung Aman Kabupaten Lampung Utara Tanggal 14-16 Maret 2023.  
xviii + 98 halaman+ 8 tabel + 4 gambar

### **RINGKASAN**

Gastritis merupakan gangguan kesehatan terkait dengan proses pencernaan terutama lambung. Gejala yang dirasakan pada penderita gastritis seperti nyeri ulu hati, sering mual, muntah, rasa penuh, dan rasa tidak nyaman. Faktor-faktor yang mempengaruhi gastritis antara lain pola makan, merokok, stres, dan kopi. Jika gastritis tidak segera ditangani akan mengakibatkan muntah darah, BAB darah, dan anemia. Tujuan laporan tugas akhir ini adalah memberikan gambaran Asuhan Keperawatan Gerontik dengan Gangguan Rasa Aman Nyaman pada Kasus Gastritis terhadap Tn. A Di Desa Tanjung Aman, Kabupaten Lampung Utara Tanggal 14-16 Maret 2023.

Hasil pengkajian didapatkan klien mengatakan nyeri di ulu hati, skala nyeri 4 (0-10), klien mengeluh mual, merasa ingin muntah, tidak berminat makan, tampak meringis, klien tampak pucat, dan lesu. Klien mengatakan sulit tidur, sering terbangun di malam hari. klien mengatakan tidur hanya 5 jam/hari, tampak kantong mata menghitam. Diagnosis yang ditegakkan adalah nyeri akut, nausea, dan gangguan pola tidur. Rencana keperawatan SLKI meliputi : tingkat nyeri menurun, kontrol nyeri menurun, tingkat nausea menurun, dan pola tidur membaik. SIKI meliputi : manajemen nyeri, manajemen mual, dan dukungan tidur.

Kesimpulan selama 3 hari dilakukan tindakan asuhan keperawatan dengan ketiga diagnosis didapatkan hasil nyeri akut teratasi sebagian, nausea teratasi, gangguan pola tidur teratasi. Saran kepada teman-teman mahasiswa ditingkatkan lagi dalam pemahaman teori keperawatan sebelum praktik lapangan, bagi prodi lebih memperbanyak atau memperbaharui literatur buku di perpustakaan.

Kata Kunci : asuhan keperawatan gerontik gastritis, rasa aman nyaman, nyeri akut  
Sumber bacaan : 27 (2013-2022)

TANJUNG KARANG HEALTH POLYTECHNIC

KOTABUMI NURSING STUDY PROGRAM

Final Project Report, May 2023

Tania Clarisa Br Manik

Gerontic Nursing Care with Disturbance of Feeling Safe and Comfortable in Gastritis Cases Against Tn. A in Tanjung Aman Village, North Lampung Regency date 14-16 Maret 2023.

xviii + 98 pages+ 8 tables + 4 picture

### **ABSTRACT**

*Gastritis is a health disorder related to the digestive process, especially the stomach. Symptoms that are felt in sufferers of gastritis such as heartburn, frequent nausea, vomiting, feeling of fullness, and discomfort. Factors that affect gastritis include diet, smoking, stress, and coffee. If gastritis is not treated immediately it will result in vomiting blood, blood bowel movements, and anemia. The purpose of this final project report is to provide an overview of Gerontic Nursing Care with Disturbed Sense of Security and Comfort in the Case of Gastritis Against Mr. A in Tanjung Aman Village, North Lampung Regency, March 14-16 2023.*

*The results of the study found that the client said pain in the pit of the stomach, pain scale 4 (0-10), the client complained of nausea, felt like vomiting, was not interested in eating, looked grimaced, the client looked pale, and lethargic. The client says it's hard to sleep, often wakes up at night. the client says sleeps only 5 hours/day, black eye bags appear. The diagnosis that is enforced is acute pain, nausea, and disturbed sleep patterns. The SLKI nursing plan includes: decreased pain levels, decreased pain control, decreased nausea rates, and improved sleep patterns. SIKI includes: pain management, nausea management, and sleep support.*

*In conclusion, for 3 days nursing care was carried out with the three priority diagnoses, the results of acute pain were partially resolved, nausea was resolved, sleep pattern disturbances were resolved. Suggestions to fellow students to increase understanding of nursing theory before field practice, for study programs to increase or update literature in the library.*

*Keywords : gerontic gastritis nursing care, safety comfort, acture pain*

*Reading sources : 27 (2013-2022)*