

POLITEKNIK KESEHATAN TANJUNGPINANG

**JURUSAN KEPERAWATAN
PROGRAM STUDI PENDIDIKAN PROFESI NERS
KARYA AKHIR ILMIAH NERS, JUNI 2025**

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**ANALISIS TINGKAT NYERI PADA PASIEN POST OPERASI ORIF
DENGAN INTERVENSI *COLD PACK* DAN MUROTAL AL-QUR'AN DI
RSU MUHAMMADIYAH METRO TAHUN 2025
Xiii + 95 halaman , 6 tabel, dan 4 gambar, 6 lampiran**

ABSTRAK

Menurut *World Health Organization* tahun 2020 terdapat lebih dari 13 juta kasus fraktur, di Indonesia menurut Riskesdes tahun 2018 terdapat 1.775 kejadian fraktur, sedangkan di Provinsi Lampung jumlah kasus cedera ekstremitas atas (32,86%) dan kasus cedera ekstremitas bawah (68,78%). Data yang tercatat di ruang Ar-Rayyan RSUD Muhammadiyah Metro selama bulan Agustus 2024 sampai dengan Januari 2025 terdapat 110 kasus post operasi ORIF. Salah satu tindakan medis yang dapat dilakukan untuk fraktur adalah pembedahan ORIF yang dapat menimbulkan luka post operasi sehingga menyebabkan rasa nyeri. Untuk mengatasi nyeri pada pasien post operasi ORIF dilakukan pendekatan farmakologi dan non farmakologi salah satunya *Cold Pack* dan terapi Murrotal Al-Quran. Tujuan dari karya ilmiah ini adalah menganalisis tingkat nyeri pasien post *open reduction and internal fixation* (ORIF) dengan Intervensi *Cold Pack* dan Murottal Al-Qur'an di Ruang Ar-Rayyan RSUD Muhammadiyah Metro Tahun 2025. Metode yang digunakan yaitu observasi, wawancara, pemeriksaan fisik, pemeriksaan penunjang dan rekam medis pasien. Penilaian tingkat nyeri menggunakan lembar observasi skala nyeri yang dilakukan sebelum dan sesudah pemberian intervensi dengan alat ukur *Numerical Rating Scale*. Hasil intervensi yang telah dilakukan 3 hari perawatan dapat dilihat dari penurunan skala nyeri pada hari pertama yaitu skala 5 setelah diberikan intervensi *Cold Pack* dan Murottal Al-Qur'an turun menjadi 2 atau skala nyeri ringan. Hal ini menunjukkan bahwa terapi farmakologis yang di kombinasikan dengan intervensi *Cold Pack* dan Murottal Al-Qur'an efektif dalam penurunan tingkat nyeri pasien post operasi ORIF. Sehingga diharapkan *Cold Pack* dan Murottal Al-Qur'an dapat diterapkan pada pasien post operasi ORIF untuk dapat mengurangi nyeri post ORIF.

Kata Kunci : Fraktur, ORIF, *Cold Pack*, Nyeri, Terapi Murottal Al-Qur'an
Pustaka : 52 (2010-2024).

**TANJUNGKARANG HEALTH POLYTECHNIC
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**ANALYSIS OF PAIN LEVEL IN POST-ORIF SURGERY PATIENTS WITH
COLD PACK AND MUROTTAL AL-QUR'AN INTERVENTION IN
MUHAMMADIYAH METRO HOSPITAL IN 2025
Xiii + 95 pages, 6 tables, and 4 image, 6 attachment**

ABSTRACT

According to the World Health Organization in 2020 there were more than 13 million cases of fractures, in Indonesia according to Riskesdes in 2018 there were 1,775 fracture incidents, while in Lampung Province the number of cases of upper extremity injuries (32.86%) and cases of lower extremity injuries (68.78%). Data recorded in the Ar-Rayyan room of Muhammadiyah Metro Hospital during August 2024 to January 2025 there were 110 cases of post-ORIF surgery. One of the medical procedures that can be performed for fractures is ORIF surgery which can cause post-operative wounds that cause pain. To overcome pain in post-ORIF surgery patients, pharmacological and non-pharmacological approaches are carried out, one of which is Cold Pack and Murrotal Al-Quran therapy. The purpose of this scientific work is to analyze the level of pain in post-open reduction and internal fixation (ORIF) patients with Cold Pack and Murottal Al-Quran Intervention in the Ar-Rayyan Room, RSU Muhammadiyah Metro in 2025. The methods used are observation, interviews, physical examinations, supporting examinations and patient medical records. Assessment of pain levels using a pain scale observation sheet carried out before and after the intervention with a Numerical Rating Scale measuring instrument. The results of the intervention that has been carried out for 3 days of treatment can be seen from the decrease in the pain scale on the first day, namely a scale of 5 after being given the Cold Pack and Murottal Al-Quran intervention, it dropped to 2 or a mild pain scale. This shows that pharmacological therapy combined with intervention Cold Pack and Murottal Al-Quran are effective in reducing the level of pain in post-ORIF surgery patients. So it is hoped that Cold Pack and Murottal Al-Quran can be applied to post-ORIF surgery patients to reduce post-ORIF pain.

Keywords: Fracture, ORIF, Cold Pack, Pain, Al-Quran Murottal Therapy
References: 52 (2010-2024)