

**POLITEKNIK KESEHATAN TANJUNGPINANG
JURUSAN KEPERAWATAN
PROGRAM STUDI PENDIDIKAN PROFESI NERS
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**ANALISIS TINGKAT NYERI PADA PASIEN POST
TRANSURETHRAL RESECTION OF THE PROSTATE DENGAN
INTERVENSI KOMBINASI REFRAMING DAN AROMATERAPI
LAVENDER DI RSU MUHAMMADIYAH METRO TAHUN 2025**

xv + 77 halaman, 7 tabel, 5 gambar, dan 7 lampiran

ABSTRAK

Menurut *World Health Organization* (2022) terdapat 67 juta kasus BPH. Kemenkes (2019) di Indonesia terdapat 9,2 juta kasus BPH, diantaranya diderita oleh pria berusia diatas 60 tahun, sedangkan di Provinsi Lampung (2019) jumlah kasus *Benign Prostate Hiperplasia* (BPH) mencapai (29%) atau 689 kasus dan merupakan kasus penyakit saluran kemih kedua terbesar setelah infeksi saluran kemih yang mencapai (42%) atau 999 kasus. Data yang tercatat di ruang Ar-Rayyan RSU Muhammadiyah Metro selama bulan Januari-Desember 2024 terdapat 132 kasus. Rasa nyeri yang dirasakan pada pasien post TURP sangat mengganggu kenyamanan pasien. Tujuan dari karya ilmiah ini adalah menganalisis tingkat nyeri pasien post *Transurethral Resection Of the Prostate* (TURP) dengan Intervensi Teknik *Reframing* dan Aromaterapi Lavender Di Ruang Ar-Rayyan RSU Muhammadiyah Metro Tahun 2025. Asuhan keperawatan ini dilakukan pada tanggal 03 Februari-08 Februari 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 teknik *reframing* dan aromaterapi lavender turun menjadi 2 atau skala nyeri ringan. Hal ini menunjukkan bahwa teknik farmakologis dengan analgesik dan kombinasi teknik *reframing* dan aromaterapi lavender efektif dalam penurunan tingkat nyeri pasien post operasi TURP. Sehingga direkomendasikan teknik *reframing* dan aromaterapi lavender dapat diterapkan pada pasien post operasi TURP untuk dapat mengurangi nyeri post TURP.

Kata Kunci : TURP, Nyeri Akut, Reframing, Aromaterapi Lavender

Daftar Pustaka : 46 (2014-2025)

TANJUNGKARANG HEALTH POLYTECHNIC
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**ANALYSIS OF PAIN LEVELS IN PATIENTS POST TRANSURETHRAL
RESECTION OF THE PROSTATE WITH A COMBINATION OF
REFRAMING AND LAVENDER AROMATHERAPY INTERVENTION
AT MUHAMMADIYAH METRO HOSPITAL IN 2025**

xv + 77 pages, 7 tables, 5 figures, 6 attachments

ABSTRACT

According to the World Health Organization (2022) there are 67 million cases of BPH. The Ministry of Health (2019) in Indonesia there are 9.2 million cases of BPH, some of which are suffered by men over 60 years of age, while in Lampung Province (2019) the number of cases of Benign Prostate Hyperplasia (BPH) reached (29%) or 689 cases and is the second largest case of urinary tract disease after urinary tract infections which reached (42%) or 999 cases. Data recorded in the Ar-Rayyan room of Muhammadiyah Metro Hospital during January-December 2024 there were 132 cases. The pain felt by post-TURP patients is very disturbing to patient comfort. The purpose of this scientific paper is to analyze the level of pain in post-Transurethral Resection of the Prostate (TURP) patients with Reframing Technique and Lavender Aromatherapy Intervention in the Ar-Rayyan Room of RSU Muhammadiyah Metro in 2025. This nursing care was carried out on February 3-8, 2025. The methods used were 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 was given with a Numerical Rating Scale measuring instrument. The results of the intervention that had 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 reframing technique and lavender aromatherapy intervention, it dropped to 2 or a mild pain scale. This shows that pharmacological techniques with analgesics and a combination of reframing techniques and lavender aromatherapy are effective in reducing the level of pain in post-TURP surgery patients. So it is recommended that reframing techniques and lavender aromatherapy can be applied to post-TURP surgery patients to reduce post-TURP pain.

Keywords : TURP, Acute Pain, Reframing, Lavender Aromatherapy

Bibliography : 46 (2014-2025)