

POLITEKNIK KESEHATAN TANJUNGPINANG
JURUSAN KEPERAWATAN
PROGRAM STUDI PENDIDIKAN PROFESI NERS
Karya Ilmiah Akhir Ners, Mei 2025

Nuria Uspika

**ANALISIS INKONTINENSIA URIN PADA PASIEN POST
TRANSURETHRAL RESECTION OF THE PROSTATE (TURP)
DENGAN INTERVENSI *BLADDER TRAINING*
DI RSUD MUHAMMADIYAH KOTA METRO TAHUN 2025**
(xvii + 74 halaman, 18 tabel, 5 lampiran)

ABSTRAK

Inkontinensia urin menjadi keluhan yang sering ditemukan di masyarakat. Prevalensi inkontinensia urine di Indonesia telah mencapai 5,8 % dari keseluruhan penduduk. Inkontinensia urin juga dapat timbul dari efek prosedur operasi TURP. Standar intervensi keperawatan untuk gangguan inkontinensia urin salah satunya adalah manajemen kontinensia urin salah satunya program penguatan otot perkemihan yaitu *bladder training* yang meliputi program *kegel exercise* (latihan otot dasar panggul), *delay urination* (latihan menahan/menunda untuk berkemih) dan *scheduled bathroom trips* atau pembiasaan berkemih sesuai dengan jadwal 6-7 kali perhari. Dengan adanya terapi ini diharapkan bahwa penderita dapat menahan sensasi untuk berkemih. Tujuan karya ilmiah ini untuk menganalisis intervensi *bladder training* terhadap inkontinensia urin pasien post TURP di RSUD Muhammadiyah Kota Metro tahun 2025. Karya ilmiah ini menggunakan metode studi kasus dengan proses keperawatan dari tahap pengkajian sampai dengan evaluasi keperawatan. Sampel karya ilmiah ini berjumlah 1 orang pasien post operasi TURP dengan masalah inkontinensia urin. Setelah dilakukan perawatan pada pasien selama 4 hari dengan menerapkan intervensi *bladder training* didapatkan hasil perbaikan kontinensia urin disertai beberapa perbedaan dan skor akhir RUIS pasien dari skor 8 menjadi 5. Penulis menyarankan agar melaksanakan *bladder training* sebagai intervensi mandiri keperawatan dalam upaya memperbaiki kontinensia urin pada pasien post TURP.

Kata Kunci : Kontinensia Urin, *Bladder Training*, TURP Bahan Pustaka : 31 (2019-2025)

**TANJUNGKARANG POLYTECHNIC OF HEALTH
TANJUNGKARANG SCHOOL OF NURSING
NERS PROFESSIONAL STUDY**

Final Professional Nurse Report, May 2025

Nuria Uspika

**ANALYSIS OF URINARY INCONTINENCE IN PATIENTS POST
TRANSURETHAL RESECTION OF THE PROSTATE (TURP)
WITH BLADDER TRAINING INTERVENTION
AT MUHAMMADIYAH RSU, METRO CITY IN 2025**
(xvii + 74 pages, 18 tables, 5 attachments)

ABSTRACT

Urinary incontinence is a common complaint in the community. The prevalence of urinary incontinence in Indonesia has reached 5.8% of the total population. Urinary incontinence can also arise from the effects TURP surgical procedure. One of the nursing intervention standards for urinary incontinence disorders is urinary continence management, one of which is a urinary muscle strengthening program, namely bladder training which includes a Kegel exercise program (pelvic floor muscle training), delayed urination (training to hold/delay urination) and scheduled bathroom trips or getting used to urinating according to a schedule of 6-7 times per day. With this therapy, it is hoped that sufferers can hold back the sensation of urinating. The purpose of this scientific paper is to analyze bladder training interventions for urinary incontinence in post TURP patients at the Muhammadiyah Hospital, Metro City in 2025. This scientific paper uses a case study method with a nursing process from the assessment stage to the nursing evaluation. The sample of this scientific work is 1 patient post-operative TURP with urinary incontinence problems. After being treated on the patient for 4 days by implementing bladder training intervention, the results of urinary continence improvement were obtained along with several differences and the patient's final RUIS score from a score of 8 to 5. The author suggests implementing bladder training as an independent nursing intervention in an effort to improve urinary continence in post- TURP.

*patients. Keywords: Urinary Continence, Bladder Training, TURP
Reference List: 31 (2019-2024)*