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PENERAPAN TERAPI RELAKSASI NAPAS DALAM PASIEN POST OP
APENDICTOMY DENGAN MASALAH KEPERAWATAN NYERI AKUT DI
RUMAH SAKIT UMUM HANDAYANI KOTABUMI, LAMPUNG UTARA

xv + 40 halaman + 4 tabel + 7 lampiran

ABSTRAK

Apendictomy adalah kondisi peradangan akut akibat obstruksi lumen apendiksa. Salah satu tindakan yang bisa dilakukan adalah dengan menurunkan skala nyeri yang dirasakan subyek melalui terapi teknik relaksasi napas dalam. Penelitian ini menggambarkan penerapan teknik relaksasi napas dalam guna menurunkan intensitas nyeri pada masalah keperawatan nyeri akut di ruang fesia 3 lantai 3 Rumah Sakit Umum Handayani. Metode yang dilakukan dengan cara wawancara dan observasi sehingga peneliti menegakkan diagnosa nyeri akut dengan hasil pengkajian skala nyeri menurun. Intervensi yang dilakukan dengan cara teknik relaksasi napas dalam. Hasil penelitian melakukan implementasi selama 6 kali tindakan yang dilakukan kemudian keluarga dan subyek memperhatikan dan telah dapat melakukan secara mandiri. Evaluasi yang didapatkan terjadinya penurunan skala nyeri menjadi menjadi skala 4. Simpulan yang didapatkan bahwa teknik relaksasi napas dalam efektif untuk mengatasi masalah keperawatan nyeri akut pada pasien post op *apendictomy*. Disarankan bagi perawat di Rumah Sakit Umum Handayani bisa melakukan terapi teknik relaksasi napas dalam untuk menurunkan skala nyeri.

Kata kunci : Post Op *Apendictomy*, Nyeri Akut, Relaksasi Napas Dalam
Daftar bacaan : 34(2012-2022)

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APPLICATION OF DEEP BREATHING RELAXATION THERAPY IN POST
OPERATIVE APENDECTOMY PATIENTS WITH ACUTE PAIN NURSING
PROBLEMS IN FRESIA 3 FLOOR 3 OF HANANDAYANI GENERAL HOSPITAL

xv + 40 pages + 4 tables + 7 appendices

ABSTRACT

Appendectomy is an acute inflammatory condition due to obstruction of the lumen of the appendix. One of the actions that can be done is to reduce the scale of pain felt by the subject through deep breath relaxation technique therapy. This study describes the application of deep breathing relaxation techniques to reduce pain intensity in acute pain nursing problems in the 3rd floor of the Fresia Room of Handayani Hospital. The method was carried out by means of interviews and observations so that the researcher established the diagnosis of acute pain with the results of the assessment of the decreased pain scale. The intervention was carried out by means of deep breathing relaxation techniques. The results of the study were implemented for 6 times the actions carried out then the family and subjects paid attention and were able to do it independently. The evaluation was conducted to reduce the pain scale to a scale of 4. The conclusion was obtained that deep breathing relaxation techniques were effective in overcoming acute pain nursing problems in post op appendectomy patients. It is recommended that nurses at Handayani General Hospital can do deep breathing relaxation technique therapy to reduce the pain scale.

Keywords : *Post Op Appendectomy, Acute Pain, Deep Breathing Relaxation*
Reading list : *34 (2012-2022)*