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

Aulia Ayu Kusuma

ANALISIS TINGKAT NYERI PADA PASIEN *POST OPERASI LONGMIRE BYPASS BILIODIGESTIVE* DENGAN INTERVENSI *WARM WATER ZAK* DI RS URIP SUMOHARJO TAHUN 2025

xv + 59 halaman, 1 tabel dan 6 gambar

ABSTRAK

Data *pre survey* yang dilakukan di RS Urip Sumoharjo menunjukkan pada bulan Januari 2025 terdapat 5 orang yang menjalani prosedur *longmire bypass biliodigestive.* Setelah dilakukannya prosedur *longmire bypass biliodigestive* timbulah rasa nyeri akibat sayatan tersebut. Oleh karena itu, terapi non-farmakologis seperti pemberian *warm water zak* menjadi alternatif yang aman, murah, dan efektif untuk mengurangi nyeri. *Warm water zak* bekerja dengan meningkatkan aliran darah, mengurangi ketegangan otot, dan memberikan efek relaksasi. Tujuan asuhan keperawatan ini untuk menganalisis tingkat nyeri pada pasien *post* operasi *longmire bypass biliodigestive* setelah diberikan intervensi *warm water zak* di RS Urip Sumoharjo tahun 2025. Desain penelitian laporan kasus dengan pendekatan proses keperawatan dari tahap pengkajian sampai dengan evaluasi keperawatan. Subyek laporan kasus yaitu 1 orang pasien yang menjalani operasi *longmire bypass biliodigestive,* variabel dalam karya ilmiah mencakup nyeri akut dan intervensi *warm water zak* dengan metode analisis keperawatan. Fokus intervensi adalah pasien *post* operasi *longmire bypass biliodigestive* dengan masalah nyeri akut. Hasilnya bedasarkan pemberian intervensi selama 4 hari menunjukkan bahwa setelah menerapkan intervensi *warm water zak* terjadi penurunan skala nyeri dari skala nyeri 5 (nyeri sedang) menjadi skala 3 (nyeri ringan). Data tingkat nyeri diukur sebelum dan sesudah intervensi menggunakan alat ukur *Numeric Rating Scale* (NRS). Sehingga disarankan untuk menerapkan pemberian *warm water zak* untuk menurunkan nyeri saat perawatan mandiri dirumah.

Kata Kunci **:***Longmire bypass biliodigestive*, *warm water zak*, nyeri post operasi
Daftar Bacaan **:** 41 (2017-2023)

TANJUNGKARANG POLYTECHNIC OF HEALTH
TANJUNGKARANG SCHOOL OF NURSING
NERS PROFESIONAL STUDY
Ners Final Scientific Work, May 2025

Aulia Ayu Kusuma

ANALYSIS OF PAIN LEVEL IN PATIENTS POST LONGMIRE BYPASS BILIODIGESTIVE WITH WARM WATER ZAK INTERVENTION AT URIP SUMOHARJO HOSPITAL IN 2025

xv + 59 pages, 1 tables and 6 pictures

ABSTRACT

Pre-survey data conducted at Urip Sumoharjo Hospital showed that in January 2025 there were 5 people who underwent the longmire bypass biliodigestive procedure. After the longmire bypass biliodigestive procedure, pain arose due to the incision. Therefore, non-pharmacological therapy such as giving warm water zak is a safe, cheap, and effective alternative to reduce pain. Warm water zak works by increasing blood flow, reducing muscle tension, and providing a relaxing effect. The purpose of this nursing care is to analyze the level of pain in post-longmire bypass biliodigestive surgery patients after being given warm water zak intervention at Urip Sumoharjo Hospital in 2025. The design of the case report research with a nursing process approach from the assessment stage to the nursing evaluation. The subject of the case report is 1 patient who underwent longmire bypass biliodigestive surgery, the variables in the scientific work include acute pain and warm water zak intervention with the nursing analysis method. The focus of the intervention is post-longmire bypass biliodigestive surgery patients with acute pain problems. The results based on the provision of intervention for 4 days showed that after implementing the warm water zak intervention, there was a decrease in the pain scale from a pain scale of 5 (moderate pain) to a scale of 3 (mild pain). The pain level data was measured before and after the intervention using the Numeric Rating Scale (NRS) measuring instrument. So it is recommended to apply the provision of warm water zak to reduce pain during self-care at home.

Keywords: Longmire bypass biliodigestive, warm water zak, pain management, postoperative
Refference: 41 (2017-2023)