

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

Amelia Permatasari

**ANALISIS TINGKAT NYERI PADA PASIEN POST ORIF FRAKTUR
TERTUTUP RADIUS SINISTRA DENGAN INTERVENSI *AUTOGENIC
RELAXATION* DI RS BHAYANGKARA RUWA JURAI LAMPUNG TAHUN
2025.**

xiv + 102 halaman + 7 tabel + 5 gambar + 8 lampiran

ABSTRAK

Fraktur merupakan gangguan kontinuitas tulang yang sering terjadi akibat trauma. Insiden fraktur di dunia tahun 2019 mencapai 15 juta. Di Indonesia kejadian fraktur tahun 2018 mencapai 21 juta. Provinsi Lampung sebanyak 2.575 kasus, 4,5% dari jumlah tersebut merupakan fraktur. di RS Bhayangkara Ruwa Jurai Lampung pasien fraktur dengan tindakan pembedahan *Open Reduction Internal Fixation* (ORIF) mencapai 25 pasien pada bulan Oktober 2024 - Februari 2025. Post operasi fraktur menimbulkan nyeri. Tujuan penyusunan Karya Ilmiah Akhir untuk menganalisis tingkat nyeri pada pasien post-ORIF fraktur tertutup radius sinistra dengan intervensi pendukung *autogenic relaxation*. Metode yang digunakan dengan pendekatan asuhan keperawatan, dengan alat ukur format observasi skala nyeri skala *Numeric Rating Scale* (NRS), sebelum dan sesudah intervensi. Subjek asuhan yaitu 1 pasien post operasi ORIF. Pengkajian dilakukan setelah 12 jam setelah post operasi dengan skala nyeri 6 menggunakan *Numeric Rating Scale* (NRS). Hasil intervensi pendukung *autogenic relaxation* pada Tn. P didapatkan skala nyeri yang sebelumnya 6 turun di angka 3 selama 3 hari yang dilakukan selama 15 menit per hari, yang dilakukan ketika rasa nyeri dirasakan. Penulis menyimpulkan bahwa asuhan keperawatan nyeri pada pasien post-ORIF dapat dilakukan dengan memberikan intervensi pendukung *autogenic relaxation*, meningkatkan aliran darah ke area yang terkena nyeri, yang dapat menurunkan tingkat nyeri. Disarankan pasien dapat menerapkan intervensi *autogenic relaxation* sebagai terapi alternatif untuk menurunkan tingkat nyeri pada pasien post-ORIF.

Kata kunci: Fraktur tertutup, ORIF, nyeri, relaksasi autogenik.
Pustaka: 32 (2016-2025)

TANJUNGKARANG POLYTECHNIC OF HEALTH

DEPARTMENT OF NURSING

NURSING PROFESSIONAL STUDY PROGRAM

Ners Final Scientific Work, May 2025

Amelia Permatasari

ANALYSIS OF PAIN LEVELS IN PATIENTS WITH CLOSED FRACTURES OF THE RADIUS SINISTRA WITH AUTOGENIC RELAXATION INTERVENTION AT BHAYANGKARA RUWA JURAI LAMPUNG HOSPITAL IN 2025.

xiv + 102 pages + 7 tables + 5 images + 8 attachments

ABSTRACT

Fractures are disruptions in bone continuity that often occur as a result of trauma. The incidence of fractures worldwide in 2019 reached 15 million. In Indonesia, the incidence of fractures in 2018 reached 21 million. In Lampung Province, there were 2,575 cases, with 4.5% of these being fractures. At Bhayangkara Ruwa Jurai Hospital in Lampung, there were 25 patients with fractures who underwent Open Reduction Internal Fixation (ORIF) surgery between October 2024 and February 2025. Post-operative fractures cause pain. The purpose of this final scientific paper is to analyze the pain levels in patients who underwent ORIF for closed fractures of the left radius with autogenic relaxation support intervention. The method used was a nursing care approach, with pain measurement tools in the form of the Numeric Rating Scale (NRS) before and after the intervention. The subject of care was one post-ORIF surgery patient. The assessment was conducted 12 hours post-surgery with a pain scale of 6 using the Numeric Rating Scale (NRS). The results of the autogenic relaxation intervention on Mr. P showed a decrease in pain scale from 6 to 3 over three days, with the intervention conducted for 15 minutes per day when pain was felt. The author concludes that nursing care for pain in post-ORIF patients can be provided by implementing autogenic relaxation support interventions, which improve blood flow to the affected area and reduce pain levels. It is recommended that patients apply autogenic relaxation interventions as an alternative therapy to reduce pain levels in post-ORIF patients.

Key words: closed fracture, ORIF, pain, autogenic relaxation

Literature: 32 (2016-2025)