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JURUSAN KEPERAWATAN
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**ANALISIS KONTINENSIA URINE PADA PASIEN POST OPERASI
TRANSURETHRAL RESECTION OF THE PROSTATE (TURP) DENGAN
INTERVENSI *KEGEL EXERCISE* DI RS BHAYANGKARA RUWA JURAI
PROVINSI LAMPUNG TAHUN 2025.**

xiii + 66 halaman, 18 tabel, dan 7 lampiran

ABSTRAK

Berdasarkan data rekam medis pasien di RS Bhayangkara Ruwa Jurai, 120 pasien post operasi *Transurethral Resection of the Prostate* (TURP) atau sekitar 13,3% dari 900 total kasus keseluruhan selama 1 tahun terakhir, mengalami gejala inkontinensia urin ringan sampai sedang pasca operasi dan pelepasan kateter. Tujuan asuhan keperawatan ini yaitu menganalisis tingkat kontinensia urine pada pasien post operasi *Transurethral Resection of the Prostate* (TURP) yang diberikan intervensi *kegel exercise*. Metode asuhan keperawatan dilakukan menggunakan pendekatan asuhan keperawatan dengan intervensi *kegel exercise* mulai dari pengkajian sampai dengan evaluasi. Hasil asuhan keperawatan ini menunjukkan adanya penurunan skor ICIQ-UI SF (*International Consultation on Incontinence Questionnaire – Urinary Incontinence Short Form*) dari skor 9 menjadi 4 selama 7 hari pemberian intervensi, dimana terdapat penurunan skor inkontinensia urin dari inkontinensia urin ringan menjadi inkontinensia urin sangat ringan. Hal ini menunjukkan bahwa *kegel exercise* efektif dalam meningkatkan kontinensia urin pada pasien post operasi *Transurethral Resection of the Prostate* (TURP). Dari asuhan keperawatan yang sudah diberikan pasien post operasi *Transurethral Resection of the Prostate* (TURP) disarankan untuk melakukan *kegel exercise* untuk mengurangi gejala inkontinensia urin yang mungkin terjadi pasca operasi.

Kata Kunci : *Kegel exercise*, Inkontinensia urin, *Transurethral Resection of the Prostate* (TURP)
Daftar Pustaka : 27 (2015-2024)

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**ANALYSIS OF URINE CONTINENSIA IN POST OPERATIVE
TRANSURETHRAL RESECTION OF THE PROSTATE (TURP) PATIENTS
WITH KEGEL EXERCISE INTERVENTION AT BHAYANGKARA RUWA
JURAI HOSPITAL LAMPUNG PROVINCE IN 2025**

xiii + 66 pages, 18 tables, and 7 attachments

ABSTRACT

Based on patient medical record data at Bhayangkara Ruwa Jurai Hospital, 120 postoperative Transurethral Resection of the Prostate (TURP) patients or about 13.3% of the 900 total cases over the past year, experienced symptoms of mild to moderate postoperative urinary incontinence and catheter removal. The purpose of this nursing care is to analyze the level of urinary continence in postoperative Transurethral Resection of the Prostate (TURP) patients who are given Kegel exercise interventions. Nursing care methods are carried out using a nursing care approach with Kegel exercise interventions ranging from assessment to evaluation. The results of this nursing care showed a decrease in the ICIQ-UI SF (International Consultation on Incontinence Questionnaire - Urinary Incontinence Short Form) score from a score of 9 to 4 for 7 days of intervention, where there was a decrease in urinary incontinence scores from mild urinary incontinence to very mild urinary incontinence. This shows that Kegel exercise is effective in improving urinary continence in patients post Transurethral Resection of the Prostate (TURP) surgery. From the nursing care that has been provided, postoperative Transurethral Resection of the Prostate (TURP) patients are advised to do kegel exercise to reduce symptoms of urinary incontinence that may occur postoperatively.

Keywords : Kegel Exercise, Transurethral Resection of the Prostate (TURP),
Urinary Incontinence

Bibliography : 27 (2015-2024)