

**POLTEKKES KEMENKES TANJUNGPINANG
JURUSAN KEPERAWATAN TANJUNGPINANG
PRODI DIII KEPERAWATAN TANJUNGPINANG**

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**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN NYERI
DAN KENYAMANAN PADA PASIEN POST-OP TUMOR COLLI
DI RS BHAYANGKARA RUWA JURAI TAHUN 2025**

xiv + 61Halaman+ 5Tabel+3Gambar+Lampiran

ABSTRAK

Tumor colli merupakan bagian dari kanker kepala dan leher yang menjadi perhatian onkologi di Indonesia. Di Provinsi Lampung, prevalensi tumor/kanker mencapai 1,40 per 32.642 penduduk menurut Riskesdas 2018, menunjukkan bahwa meskipun lebih rendah dari angka nasional, kasus ini tetap signifikan. Pasien pasca operasi tumor colli umumnya mengalami nyeri dan ketidaknyamanan akibat trauma jaringan. Karya Tulis Ilmiah ini bertujuan untuk menggambarkan asuhan keperawatan pada pasien post operasi tumor colli dengan fokus pada gangguan kebutuhan nyeri dan kenyamanan. Subjek asuhan keperawatan ini adalah Tn. A, 59 tahun, dengan keluhan nyeri leher belakang menetap, skala nyeri 7. Metode menggunakan proses keperawatan meliputi pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Intervensi utama adalah manajemen nyeri dan edukasi teknik relaksasi napas dalam. Hasil menunjukkan nyeri pasien berkurang menjadi skala 4 dalam tiga hari perawatan. Edukasi diberikan kepada pasien dan keluarga terkait pentingnya pemeriksaan rutin dan pengelolaan nyeri di rumah. Kesimpulan asuhan keperawatan pada pasien post operasi Tumor Colli dengan fokus pada gangguan kebutuhan nyeri dan kenyamanan terbukti efektif menurunkan intensitas nyeri dari skala 7 menjadi 4 dalam waktu tiga hari. Pendekatan yang digunakan melalui proses keperawatan dan intervensi non-farmakologis seperti teknik relaksasi napas dalam berperan penting dalam meningkatkan kenyamanan pasien. Saran Diharapkan perawat dapat lebih mengoptimalkan edukasi kepada pasien dan keluarga mengenai pengelolaan nyeri di rumah, serta mendorong pemeriksaan rutin pasca operasi.

Kata Kunci: Gangguan Nyeri dan Kenyamanan Post-Op Tumor Colli
Referensi: 30 (2015- 2023)

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**NURSING CARE FOR PAIN DISORDERS AND COMFORT IN PATIENTS
WITH POST-SURGERY COLLI TUMOR AT BHAYANGKARA RUWA
JURAI HOSPITAL IN 2025**

xiv+61Pages +5 Tables +3 Figures+Appendix

ABSTRACT

Tumor colli is a part of head and neck cancers that has become a concern in oncology in Indonesia. In Lampung Province, the prevalence of tumors/cancer reached 1.40 per 32,642 population according to Riskesdas 2018, indicating that although the rate is lower than the national average, it remains a significant health issue. Postoperative tumor colli patients commonly experience pain and discomfort due to tissue trauma during the surgical procedure. This final report aims to describe the nursing care provided to a post-operative tumor colli patient, focusing on the disturbance of pain and comfort needs. The subject of this nursing care is Mr. A, 59 years old, who complained of persistent pain in the back of the neck, with a pain scale of 7. The method used was the nursing process, including assessment, diagnosis, planning, implementation, and evaluation. The main interventions involved pain management and education on deep breathing relaxation techniques. The results showed that the patient's pain decreased to a scale of 4 within three days of treatment. Education was also provided to the patient and family regarding the importance of regular check-ups and home pain management. Conclusion nursing care for post-operative Tumor Colli patients, with a focus on addressing disturbances in pain and comfort needs, proved effective in reducing pain intensity from a scale of 7 to 4 within three days. The approach used through the nursing process and non-pharmacological interventions, such as deep breathing relaxation techniques, played an important role in improving the patient's comfort. Suggestion It is recommended that nurses further optimize patient and family education on managing pain at home and encourage routine post-operative health check-ups.

*Keywords: Pain and Comfort Disturbance Post-Op Pain from Neck Tumor
Reference : 30 (2015- 2023)*