

**POLTEKKES TANJUNGPUR
JURUSAN KEPERAWATAN TANJUNGPUR
PRODI D III KEPERAWATAN TANJUNGPUR**

Karya Tulis Ilmiah, Maret 2025
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**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN NYERI
DAN KENYAMANAN PADA PASIEN POST OPERASI TUR-P
BENIGN PROSTATIC HYPERPLASIA DI RUANG SAIBATIN
RSUD DR. A. DADI TJOKRODIPO BANDAR LAMPUNG
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xiii + 43 halaman + 2 tabel + 3 gambar + 5 lampiran

ABSTRAK

Benigna Prostat Hiperplasia (BPH) merupakan penyakit saluran kemih terbanyak kedua di Provinsi Lampung dengan 689 kasus (29%), setelah infeksi saluran kemih sebanyak 999 kasus (42%). Di RSUD dr. A. Dadi Tjokrodipo Kota Bandar Lampung, tercatat 78 pasien BPH sepanjang tahun 2024 di Ruang Saibatin. Salah satu tindakan penanganan BPH adalah pembedahan Transurethral Resection of the Prostate (TURP), yang dapat menimbulkan gangguan rasa aman dan nyaman, khususnya nyeri pasca operasi. Tujuan asuhan keperawatan ini adalah menganalisis gangguan rasa nyaman melalui pengkajian tingkat nyeri pada pasien BPH post operasi TURP. Metode yang digunakan adalah studi kasus pada satu pasien post TURP di RSUD dr. A. Dadi Tjokrodipo dari 8–10 Januari 2025. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, studi dokumentasi, serta format asuhan keperawatan medikal bedah. Hasil pengkajian menunjukkan pasien mengeluh nyeri terus-menerus di area bekas operasi (skala nyeri 7), tampak meringis, sulit tidur, dan enggan bergerak. Masalah keperawatan yang ditegakkan adalah nyeri akut. Intervensi difokuskan pada manajemen nyeri selama 3×24 jam melalui teknik relaksasi napas dalam dan kolaborasi pemberian analgesik. Evaluasi menunjukkan penurunan nyeri dari skala 7 menjadi 2. Hal ini membuktikan bahwa kombinasi intervensi nonfarmakologis dan farmakologis efektif dalam mengurangi nyeri dan meningkatkan kenyamanan pasien post TURP. Saran yang diberikan adalah agar pendekatan manajemen nyeri secara holistik ini diterapkan secara rutin dalam praktik keperawatan serta peningkatan pelatihan perawat dalam teknik nonfarmakologis seperti teknik relaksasi napas dalam dan terapi autogenik.

Kata Kunci: *Benigna Prostatic Hyperplasia*, TURP, Nyeri
Referensi: 32 (2017-2023)

**TANJUNGKARANG HEALTH POLYTECHNIC
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**NURSING CARE WITH IMPAIRED NEEDSA SENSE OF SECURITY
COMFORT IN PATIENTS WITH POST-TUR-P SURGERY FOR BENIGN
PROSTATIC HYPERPLASIA (BPH) IN THE SAIBATIN ROOM
dr. A. DADI TJOKRODIPO HOSPITAL, BANDAR LAMPUNG
YEAR 2025**

xiii + 43 pages + 2 tables + 3 figures + 5 attachments

ABSTRACT

Benign Prostatic Hyperplasia (BPH) is the second most common urinary tract disease in Lampung Province with 689 cases (29%), after urinary tract infections with 999 cases (42%). At the dr. A. Dadi Tjokrodipo Regional Hospital, Bandar Lampung City, 78 BPH patients were recorded throughout 2024 in the Saibatin Room. One of the treatments for BPH is Transurethral Resection of the Prostate (TURP) surgery, which can cause disturbances in the sense of safety and comfort, especially post-operative pain. The purpose of this nursing care is to analyze disturbances in the sense of comfort through an assessment of the level of pain in BPH patients after TURP surgery. The method used is a case study on one post-TURP patient at the dr. A. Dadi Tjokrodipo Regional Hospital. A. Dadi Tjokrodipo from 8–10 January 2025. Data were collected through interviews, observations, physical examinations, documentation studies, and medical surgical nursing care formats. The results of the assessment showed that the patient complained of persistent pain in the area of the former operation (pain scale 7), appeared to be grimacing, had difficulty sleeping, and was reluctant to move. The nursing problem that was established was acute pain. Interventions focused on pain management for 3×24 hours through deep breathing relaxation techniques and collaboration in providing analgesics. The evaluation showed a decrease in pain from a scale of 7 to 2. This proves that the combination of non-pharmacological and pharmacological interventions is effective in reducing pain and increasing the comfort of post-TURP patients. The suggestion given is that this holistic pain management approach be routinely applied in nursing practice as well as increasing nurse training in non-pharmacological techniques such as deep breathing relaxation techniques and autogenic therapy.

Keywords: Benign Prostatic Hyperplasia, TURP, Pain

References: 32 (2017-2023)