

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN KEPERAWATAN**  
**PROGRAM STUDI PROFESI NERS**  
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**ASUHAN KEPERAWATAN PERIOPERATIF PADA PASIEN TUMOR  
MAMMAE DENGAN TINDAKAN INSISI DI RUANG OPERASI RUMAH  
SAKIT BHAYANGKARA POLDA LAMPUNG**  
(Xiii+64+tabel 13+gambar 3+lampiran 4)

**ABSTRAK**

Prevalensi tumor/kanker di Indonesia menunjukkan adanya peningkatan dari 1.4 per 1000 penduduk di tahun 2013 menjadi 1,79 per 1000 penduduk pada tahun 2018. Prevalensi kanker tertinggi adalah di provinsi di Yogyakarta 4,86 per 1000 penduduk, diikuti Sumatera Barat 2,47 79 per 1000 penduduk dan Gorontalo 2,44 per 1000 penduduk.(Riskesdas, 2019).Tujuan dari laporan ini, penulis menggambarkan pelaksanaan asuhan keperawatan perioperatif pada pasien tumor *mammae* dengan tindakan insisi. Metode yang digunakan untuk pengambilan data berupa observasi, wawancara, pemeriksaan fisik dan studi dokumentasi. Subyek dalam laporan ini adalah pasien Tumormammae dengan tindakan insisi di Rumah Sakit Bhayangkara Polda Lampung Hasil pengkajian preoperasi didapatkan data klien mengatakan cemas dan gelisah. Diagnosa keperawatan preoperasi cemas berhubungan dengan kurang terpaparnya informasi.Rencana keperawatan monitor tanda- tanda ansietas, mengukur tingkat kecemasan dengan alat ukur kecemasan ZSAS. Implementasi keperawatan memonitor tanda- tanda ansietas (verbal non verbal), mengukur kecemasan dengan alat ukur ZSAS, menganjurkan berdoa, mengajarkan teknik relaksasi nafas dalam untuk mengurangi kecemasan. Hasil evaluasi kecemasan menurun. Hasil pengkajian intraoperasi data klien dilakukan general anastesi, penggunaan instrumen benda tajam, diagnosa keperawatan intraoperasiresiko cedera, rencana keperawatan manajemen keselamatan pasien, implementasi keperawatan lakukan time out, sig out, evaluasi resiko cedera tidak terjadi. Hasil pengkajian postoperasiklien mengeluh nyeri postoperasi,klien tampak meringis menahan nyeri,. Rencana keperawatan postoperasi identifikasi nyeri. Implementasi keperawatan ajarkan teknik relaksasi nafas dalam dan kolaborasi pemberian obat analgetik. Evaluasi nyeri akut teratasi. Diharapkan perawat untuk lebih teliti dan memahami dalam melakukan asuhan keperawatan perioperatif pada kasus tumor *mammae* yang akan dilakukan tindakan insisi.

**Kata Kunci** : Tumor Mammae, Insisi, Asuhan Keperawatan Perioperatif  
**Referensi** :2009-2021

**TANJUNGPURONG HEALTH POLYTECHNIC  
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**PERIOPERATIVE NURSING CARE IN MAMMAE TUMOR PaATIETNS  
WITH INCISION MEASURES IN THE OPERATING ROOM OF  
BHAYANGKARA HOSPITAL, LAMPUNG REGIONEL POLICE IN 2022  
(Xiii+64+table 13+figure 2+attachments)**

**ABSTRACT**

*The prevalence of tumor/cancer in Indonesia showed an increase from 1.4 per 1000 population in 2013 to 1.79 per 1000 population in 2018. The highest cancer prevalence was in the province of Yogyakarta 4.86 per 1000 population, followed by West Sumatra 2.47 79 per 1000 population and Gorontalo 2.44 per 1000 population.(Risksdas, 2019). The purpose of this report, the authors describe the implementation of perioperative nursing care in mammary tumor patients with incision action. The method used for data collection in the form of observation, interviews, physical examination and study documentation. The subjects in this report are patients with mammary tumors with incisions at the Bhayangkara Police Hospital, Lampung. The results of the preoperative assessment obtained data that the client said he was anxious and restless. Anxiety preoperative nursing diagnoses related to lack of exposure to information. The nursing plan monitors signs of anxiety, measures the level of anxiety with the ZSAS anxiety measurement tool. Nursing implementation monitors signs of anxiety (verbal non verbal), measures anxiety with the ZSAS measuring instrument, recommends praying, teaches deep breathing relaxation techniques to reduce anxiety. Anxiety evaluation results decreased. The results of the intraoperative assessment of client data were general anesthesia, use of sharp instruments, intraoperative nursing diagnoses of injury risk, nursing plans for patient safety management, nursing implementation did time out, sig out, evaluation of injury risk did not occur. The results of the postoperative assessment, the client complained of postoperative pain, the client seemed to wince in pain. Postoperative nursing plan identification of pain. Nursing implementation teaches deep breathing relaxation techniques and collaboration in administering analgesic drugs. Evaluation of acute pain resolved. Nurses are expected to be more thorough and understand in carrying out perioperative nursing care in cases of mammary tumors that will be treated with incisions.*

**Keywords :** *Mammae Tumor, Incision, Perioperative Nursing Care*

**Reference :** *2009-2021*