

**POLTEKKES TANJUNGPURONG
JURUSAN KEPERAWATAN TANJUNGPURONG
PRODI DIII KEPERAWATAN TANJUNGPURONG**

Laporan Tugas Akhir, April 2022
Siti Mega Marsuli Handayani

**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN AMAN NYAMAN:
NYERI PADA PASIEN *CHEPALGIA* DI RUANG SYARAF RSUD AHMAD
YANI KOTA METRO PROV. LAMPUNG TAHUN 2022**

xiv + 66 halaman +10 tabel + 3 gambar + 5 lampiran

ABSTRAK

Berdasarkan data dari ruang syaraf RSUD Ahmad Yani Kota Metro pada tahun 2021 penyakit *chepalgia* menduduki peringkat ke 5 dari penyakit yang sering terjadi di ruang syaraf sebanyak 53 orang. Tujuan penulisan laporan tugas akhir ini adalah menggambarkan asuhan keperawatan *chepalgia* pada tn. T dengan gangguan kebutuhan aman nyaman:nyeri di Ruang Syaraf RSUD Ahmad Yani Kota Metro. Penulis menggunakan pendekatan asuhan keperawatan berfokus pada satu subjek asuhan yang mengalami gangguan kebutuhan aman nyaman:nyeri. Pengumpulan data mulai dari pengkajian, diagnosis keperawatan, rencana keperawatan, tindakan keperawatan, implementasi dan evaluasi. Hasil dari laporan ini bahwa diagnosis yang muncul pada tn. T adalah nyeri akut ditandai dengan pasien mengeluh nyeri, klien mengatakan penyebab nyeri karena stress dan kelelahan bekerja, nyeri seperti di tusuk-tusuk, klien mengatakan nyeri dibagian belakang kepala, nyeri hilang timbul, dengan skala nyeri 7(0-10), klien tampak meringis menahan nyeri, gangguan pola tidur ditandai dengan lingkungan yang berisik, klien mengatakan merasa tidak puas tidur, tidur hanya 4jam/hari, ansietas ditandai dengan pasien merasa khawatir dan tidak mengetahui penyebab penyakit yang di deritanya. Saran dari laporan tugas akhir ini diharapkan dapat dijadikan referensi untuk asuhan keperawatan *chepalgia* dalam pelaksanaan asuhan keperawatan bagi perawat di Ruang Syaraf RSUD Ahmad Yani Kota Metro Provinsi Lampung.

Kata kunci : Gangguan Kebutuhan Nyaman : Nyeri Kepala
Daftar pustaka : 29 (1999 – 2020)

**POLYTECHNIC OF HEALTH TANJUNGPUR
DEPARTMENT OF NURSING TANJUNGPUR
PROGRAM STUDY DIII OF NURSING TANJUNGPUR**

Final Report, April 2022
Siti Mega Marsuli Handayani

**NURSING CARE DISORDERS NEEDS SAFE COMFORTABLE PAIN
IN CHEPALGIA PATIENTS IN THE NERVE ROOM AT
AHMAD YANI HOSPITAL, METRO CITY,
PROV. LAMPUNG IN 2022**

xiv + 66 pages +10 table + 3pictures + 5 attachments

ABSTRACT

Based on data from the nervous room of the Ahmad Yani Hospital, Metro City, in 2021, chepalgia was ranked 5th of the diseases that often occur in the nervous room as many as 53 people. The purpose of writing this final report is to describe the nursing care for chepalgia to Mr. T with the need for safety and comfort: pain in the Nervous Room at Ahmad Yani Hospital, Metro City. The author uses a nursing care approach that focuses on one subject of care who experiences a need for comfort and safety: pain. Data collection starts from assessment, nursing diagnosis, nursing plan, nursing action, implementation and evaluation. The result of this report is that the diagnosis that emerged in Mr. T is acute pain characterized by the patient complaining of pain, the client says the cause of the pain is due to stress and work fatigue, the pain is like being pricked, the client says pain in the back of the head, the pain comes and goes, with a pain scale of 7 (0-10), the client looks grimacing in pain, disturbed sleep patterns characterized by a noisy environment, the client said he was not satisfied with sleep, slept only 4 hours / day, anxiety was characterized by the patient feeling worried and did not know the cause of the disease he was suffering. Suggestions from this final report are expected to be used as a reference for chepalgia nursing care in the implementation of nursing care for nurses in the Nervous Room of Ahmad Yani Hospital, Metro City, Lampung Province.

Keyword : Comfort Need Disorder: Headache
Bibliography : 26 (1999 – 2020)